Celebrity Buzz

Heche confirms a boy's on the way
pg 22

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RCMP question if homeless campers caused bridge fire

PATTULLO Police are investigating whether the fire that damaged the Pattullo Bridge, forcing its closure for at least a month, was caused by homeless people who were trying to keep warm.

The fire started sometime on Sunday, damaging wooden beams under the south side of the bridge. The beams will have to be replaced before the bridge is safe to use again.

RCMP Sgt. Roger Morrow said a small group of homeless people might have been camping there at the time of the fire. He added that it's too early to know if they are responsible for the fire.

METRO VANCOUVER

MORE COVERAGE, PAGE 4

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Local pg 3

Braidwood inquiry Part 2

United States Presidential Inauguration

- Special coverage, pages 9, 10
- Lawrence Martin, page 11
- Charles Davies, page 12
- More exclusive coverage online at metronews.ca

Please recycle

JOE RAEDLE/GEETTY IMAGES

Raphael Hughey holds a picture of U.S. president-elect Barack Obama as he walks in a parade in honour of Dr. Martin Luther King Jr. in Miami. Dr. King's message of equality took on a special meaning for many as they celebrated just one day before the swearing-in of the nation's first black president.

America's new era starts today

United States Presidential Inauguration

Redemption for America, a clean slate for the world, and the burden of the ages for Barack Obama, who assumes the presidency today with a constellation of expectations and challenges few, if any, have known before.

Obama will be sworn in as America's 44th president at one minute before 9 a.m., and will proceed immediately to his crucial first order of business — a 17-minute address that will set the tone for his era.

Polls suggest Obama will enter office with the wind at his back. But presidential scholars say just hours from now, he will begin to experience the rude awakening inherent to the world's most powerful position.

The inauguration is "a ritual of reaffirmation that combines the worlds of the sacred and the profane — in other words, religion and politics," said Donald Kennon, historian with the U.S. Capitol Historical Society.

The sacred will be seen in the prayers of invocation and benediction in the ceremony. The festival continues with a luncheon with Congress and the president leading a tickertape parade.

Behind closed doors, the inaugural balls — 10 official functions sanctioned by the government — will remind Obama that realpolitik awaits. It is expected Obama will party-hop through all 10 official functions.

A CNN poll yesterday showed 69 per cent of African-Americans believe an Obama presidency means Martin Luther King Jr.'s "Dream" has come to pass — twice as many as one year ago.

The mantra of change is already evident in downtown Washington, which is teeming with people of all shapes, sizes and colours.

"This wasn't our part of town," said Celia Jones, 55, from the city's southeast. "But that was the old Washington. The new Washington is for everyone."

TORSTAR NEWS SERVICE

City teen first to be selected as 2010 torchbearer

OLYMPICS A Vancouver teenager is the first person selected to carry the 2010 Olympic torch, the event's sponsor announced yesterday.

Patricia Moreno, 18, will be one of about 12,000 torchbearers chosen by a panel assembled by Coca-Cola to carry the flame during its 106-day journey across Canada.

VANCOUVER 2010 Games

"I feel overwhelmed, there's so much to think about," The Grade 12 student at Britannia High School said. "I feel more special every minute."

Kirsten Mihailides, a spokesperson for Coke, said Moreno's active lifestyle and volunteer work made her a "great example of Canadian youth."

Fittingly, Moreno learned she was going to carry the torch while volunteering at the Ray-Cam Co-operative Community Centre on East Hastings Street.

"I was excited and I was shaking," she said adding she's a little afraid of dropping the torch.

"I don't fully know all the responsibilities that I'll have to take on. I know it's a big deal," Moreno said. "I'm just going to follow my basic rules, exercise and try to eat healthy."

FERNANDO CARNEIRO /METRO VANCOUVER

VIDEO Vancouver student first selected as torchbearer for 2010 Games at metronews.ca/canada

SUBMITTED

Patricia Moreno

All inclusive prices include conventional Laser Vision Correction with microkeratome. Additional fees for post-operative care. Burnaby prices only. Prices subject to change without notice and not combind with any other offer. Customvue and IntraLase are additional fees.

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B.C. Ferries expected to cut non-union jobs
B.C. Ferries is expected to announce today it's cutting about 35 non-union jobs. According to Richard Goode, acting president of the B.C. Ferry and Marine Workers Union, the company is looking at laying off unionized workers next. CBC.CA/BC

Local

Premier creates new post

Premier Gordon Campbell announced a cabinet shuffle yesterday to create a new Ministry of Small Business, Technology and Economic Development, led by Ida Chong, left. Blair Lekstrom will become Energy minister replacing Richard Neufeld, who has been named to the Senate. Kevin Kreuger is the new minister of Community Development. METRO VANCOUVER

Braidwood hopes inquiry will bring mother closure

JEFF HODSON
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Retired justice Thomas Braidwood told the mother of Robert Dziekanski yesterday that he hopes an inquiry into her son's death will help her find closure and peace.

Dziekanski died Oct. 14, 2007, after he was Tasered by RCMP members at Vancouver International Airport. The incident was captured on video and garnered attention around the world.

"As a parent, I can imagine nothing more terrible than losing a son or a daughter," Braidwood said to Zofia Cisowski yesterday at the start of the second phase of inquiry into her son's death.

The second phase, which runs until the end of February, aims to give Dziekanski's family, and the public, a complete record of the events that led to the 40-year-old's death. Braidwood said the proceedings are "not a trial."

Zofia Cisowski

A report will follow, complete with any recommendations by the retired appeal court judge.

Cisowski, speaking outside the courtroom yesterday, said she was happy with Braidwood's comments, but still suffered "lots of stress" from losing her son.

"I want to know the truth," Cisowski said. "I would like for the RCMP and border services and immigration and airport to have some consequences ... I think the truth will come here."

Incident

- A man was briefly detained by police at the Braidwood Inquiry yesterday after he threw down a backpack and began yelling at lawyers.

Greeter testifies she saw no sign Dziekanski was impaired

TESTIMONY A greeter at Vancouver International Airport said yesterday there was no indication that Robert Dziekanski was impaired when he arrived at the airport in October 2007.

In the first day of testimony at the Braidwood Inquiry into Dziekanski's death, YVR greeter Patricia Hunter described the Polish immigrant as "an unusual passenger" but said there was no sign he was impaired.

On Oct. 13, 2007, Hunter was working in the customs hall at YVR when she noticed Dziekanski by himself after the rest of the passengers on his flight had cleared customs.

The 40-year-old was walking steadily and "robot-like" and was staring straight ahead. She walked within a foot of him and smelled no odours, but said he had a sheen of sweat on his upper lip.

Earlier in the morning, Christiane Hewer, a Vancouver librarian who was on Dziekanski's flight from Frankfurt, said was he was "totally calm" and spent much of the flight sleeping.

"He was totally inconspicuous, in his seat just like everybody else," she said.

Adolf Buettner, the chief attendant on that flight, said he didn't smell alcohol but did remember Dziekanski because he was sweating and did not react when Buettner said "good day" in German and English.

Earlier, Jesus Fernandez, the chief flight attendant on Dziekanski's flight from Poland to Frankfurt, said he smelled alcohol on a man who may have been Dziekanski and warned him not to have more or he might not be allowed to fly.

JEFF HODSON/METRO VANCOUVER

David Hannay holds an Axis of Evil at George Ultra Lounge yesterday.

Lounge drinks to George W. Bush

ANDREA WOO
for Metro Vancouver

FAREWELL George Ultra Lounge will be holding a not-so-fond farewell party tonight for a certain like-named president on his way out of office.

David Hannay, owner of the Yaletown lounge, says the event, called Goodbye George by George, was — much like the exiting George W. Bush — a no-brainer.

"Obviously with the same names, we thought it was a natural match," he said. "Plus Bush has given so much comic fodder to so many people."

The lounge will be serving drinks named after the verbally challenged Texan, such as the Axis of Evil, the Hanging Chad and the Flying shoe. The Weapon of Mass Destruction will not be available, as it was never found. It will also be serving pretzels with choking hazards.

The official festivities, which take place from 6 to 10 p.m., are sold out, though the lounge will be open to the public after then. It is expected that it will be at capacity – roughly 90 people — throughout the night.

"I've never seen as much U.S. political interest in Canada in my lifetime, right from Barack and Hillary duelling it out right up to this (inauguration)," said Hannay.

VANOC urged to consult inner-city communities

VANCOUVER 2010 Games

PROMISE A Vancouver city councillor wants VANOC to make good on a promise to consult inner-city neighbourhoods before the 2010 Olympic security policy is finalized.

Vision Coun. Geoff Meggs said the promise to consult residents was part of Vancouver's original bid book to the International Olympic Committee.

"We want to make sure the community has a sense that … they'll be safe during the Games, but also that their civil liberties will be respected," said Meggs, whose motion will appear before city council today.

It will likely not be voted on until Thursday so that the public can comment.

Meggs said consultation should include residents in the Downtown Peninsula, the Downtown Eastside and Mount Pleasant who live near Games venues. He also wants the city to review the Inner City Commitment Statement relating to progress in its commitments.

JEFF HODSON/METRO VANCOUVER

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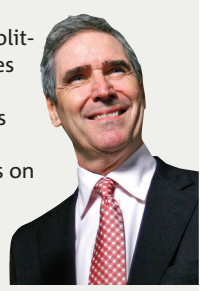
WHAT'S ONLINE TODAY

Video Stephen Harper calls Obama presidency a step forward in Canada-U.S. relations at **metronews.ca/canada**

Video Vancouver student named first torchbearer for 2010 Games at **metronews.ca/canada**

Blogs Political Stripes tackles Ignatieff's mixed messages on taxes at **metronews.ca**



News in brief

ASSAULT A sex-trade worker was sexually assaulted by a man in the Wall Street area after being picked up on Gore Street and East Hastings yesterday. Police say the suspect is in his 30s, 5-foot-8, slim build, and wears glasses.

GAMES Vancouver's general manager of business planning is briefing council today on what's next for the Olympic Village now that they have borrowing authority.

METRO NEWS SERVICES

Robotics in the operating room

Oncologists at Vancouver General Hospital have performed Western Canada's first robot-assisted hysterectomies. They were performed using the da Vinci multipurpose surgical robot, which allows precise fingertip control that translates into corresponding micro-movements of instruments. METRO VANCOUVER

Bridge closure to cause traffic chaos for a month

KRISTEN THOMPSON
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It was traffic chaos on Metro Vancouver's highways and bridges yesterday, as 80,000 commuters who usually take the Pattullo Bridge were forced to find one of the few alternate routes across the Fraser River.

"The traffic delays were fairly substantial," TransLink CEO Tom Prendergast said yesterday, minutes after a meeting between police, Surrey city staff and transportation authorities to discuss the unforeseen closure.

The 71-year-old structure that connects New Westminster to Surrey will likely be closed for a month after an 18-metre-long wooden trestle under its south section caught fire Sunday.

"We're moving expeditiously to have the existing structure demolished and hauled away because it has asbestos and creosote. Then we can begin the work of having a replacement structure put in place," said Prendergast.

"We're going to be giving periodic updates after each rush hour, trying to learn from each one of these experiences how we can improve them."

Surrey Mayor Dianne Watts said the closure exacerbates an already crowded transit system.

Maurine Karagianis, NDP transportation critic, said if the province had provided more transportation options years ago, commuters wouldn't be in this situation.

Dealing with the gridlock

- Five extra SkyTrains ran all day yesterday to accommodate an influx of commuters opting for transit over their cars.
- Coast Mountain bus services were also increased.
- The Massey Tunnel's reverse flow lanes opened 45 minutes earlier than usual.
- All HOV lanes will stay open continuously, but only for vehicles with two or more occupants.
- TransLink is also looking at opening additional park-and-ride facilities for SkyTrain commuters.

KRISTEN THOMPSON/METRO VANCOUVER

Tom Prendergast, CEO of TransLink, addresses the media outside Gateway SkyTrain station yesterday. Updates will be given after each rush hour on how commuters can best get around.

News in brief

CORPORATION The president and CEO of Vancouver Coastal Health, Ida Goodreau, has resigned to work for Lifelabs, Canada's largest provider of community laboratory services.

ECONOMY The feds and the province are investing $25 million each to boost economic growth in B.C. The Western Economic Partnership Agreement is meant to encourage technological innovation.

CRASH A snowmobiler from Alaska has died in a race that crosses some B.C. communities, RCMP announced yesterday. The 38-year-old man succumbed to his injuries after his snowmobile collided with a guardrail on the Haines highway in the Yukon, close to the U.S.-Canada border.

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RICHARD LAM/FOR METRO VANCOUVER

Bernice Mai looks over a floor plan outside Flo in Richmond before joining a lineup of potential buyers.

Hopeful would-be homeowners camped overnight outside a new condo development in Richmond for a chance to buy one of 55 units being sold yesterday at 25 to 40 per cent off.

Cameron McNeill, president of MAC Bulk, which is facilitating the Flo sale for Omni developers, said the units were being sold on a first-come, first-served basis starting at 5 p.m.

He said the demand for the properties has been "overwhelming" and that as many as 50 people had lined up by yesterday afternoon.

"(Omni) had all this real estate sitting there," McNeill said, adding that this was a chance to sell the properties quickly and move on to new ventures.

Ryan DeLuca, a realtor with Sotheby's International Realty Canada, likened the event to an inventory blowout sale.

"The market is already starting to upswing again," he said. "This isn't something you're going to see very often."

DeLuca said this is a great time to get into the market, and the Omni sales are worth looking at if you're thinking of buying.

Mental-health motion will determine services needed

COUNCIL Vancouver is looking at creating a mental-health strategy to identify the needs of people with mental illness and co-ordinate services.

"We're going to try and take a leadership role," said Coun. Kerry Jang, a professor of psychiatry at the University of B.C.

"We want to grab the bull by the horns and say, 'Look, we need these services. Here is exactly what we need.'"

Jang's motion on notice could be voted on today. It calls for city staff to report back within one month with plans to create mental health advocate and planning positions.

"Look, we need these services."
Coun. Kerry Jang

The intent of the motion, Jang said, is not to deliver services (which he says is the responsibility of the province and Vancouver Coastal Health), but rather, to help determine what services are needed in the city.

JEFF HODSON/METRO VANCOUVER

Building blaze not arson: RCMP

FIRE The fire that killed one person in a North Vancouver apartment on the weekend was not arson, RCMP said yesterday.

The victim, a 77-year-old resident of the building, died in a third-floor suite close to the fire source. Her name has been not released at the request of her family.

North Vancouver firefighters continue to search for the cause.

TARYN MCELHERAN/
FOR METRO VANCOUVER

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Man escapes tanning-bed fire

A Regina man who had been working on his tan when his tanning bed burst into flames escaped without major injuries. Jason Viles was inside the tanning bed yesterday morning when he heard a pop, smelled smoke and found himself locked in the bed. He escaped by kicking out a stereo and crawling out the back. **CBC NEWS ONLINE**

Canada

Deficit must be moderate: Iggy

Liberal Leader Michael Ignatieff, left, said yesterday that any deficits incurred in the upcoming budget must be temporary, but refused to put a dollar figure on what he would consider too large. Speaking after a caucus meeting yesterday, Ignatieff said Canadians are allergic to deficits and that any deficit in the budget set to be tabled Jan. 27 should be temporary, modest and moderate. **CBC NEWS ONLINE**

‘Dirty oil’ image will be challenge: Ambassador

United States
Presidential
Inauguration

The increasing perception of Canada as both “foreign” and a “purveyor of dirty oil” is a challenge for the country with the new Obama administration, says Canada’s ambassador to the United States.

On the eve of the inauguration of U.S. president-elect Barack Obama, Michael Wilson yesterday told a luncheon crowd it’s something his embassy staff must work to change with White House officials and members of Congress.

It’s relevant, he told the Canadian Club of Toronto, because Obama is committed to climate change and working to “move away from oil — and especially foreign oil — to cleaner forms of energy.”

Canada is the No. 1 energy exporter to the U.S., ahead of Saudi Arabia and Mexico.

“This image (of Canada) is fed in part from negative perceptions of the Canadian oilsands industry,” said Wilson, speaking at a downtown Toronto hotel. “But it also stems from a general under-appreciation in the United States of Canada’s considerable efforts to reduce carbon emissions and to increase renewable energy production (as well as) a general under-appreciation of just how much our two economies are linked.”

TORSTAR NEWS SERVICE

Friends with benefits

- An expert panel that delivered a detailed blueprint to the Conservative government on how it should approach the Obama administration says the key is to shelve the complaints and offer bold, “mutually beneficial” initiatives.

BEN LEMPHERS/FOR METRO CANADA

Shawn Hennessey and his wife, Christine, enter Provincial Court in Edmonton yesterday morning. Hennessey and brother-in-law Dennis Cheeseman pleaded guilty to four counts of manslaughter in the deaths of four RCMP officers.

Pair pleads guilty to aiding Mayerthorpe cop-killer

VICTORIA HANDYSIDES
Metro Canada

EDMONTON A gun that became part of cop-hater James Roszko’s small arsenal in an ambush was wiped clean and put into a bag by two men accused of assisting him in the murder of four Mounties.

That was only one piece in mounting evidence from a court-agreed statement of facts that led to Shawn Hennessey, 29, and Dennis Cheeseman, 25, quietly admitting their part in the brutal 2005 quadruple-murder, sharing a bench in a jam-packed courtroom yesterday morning.

The pair pleaded guilty to four counts of manslaughter in the deaths of the officers, who were raiding Roszko’s Mayerthorpe, Alta., area marijuana grow-op on Mar. 3, 2005, before the gunman opened fire.

The brothers-in-law were initially charged with first-degree murder after their arrests in July 2007, but agreed to plead to lesser charges.

“Obviously, they helped him,” Cheeseman’s long-time friend, Vicky Marsh told Metro exclusively after hearingnews of the plea.

News in brief

PIPELINE Ottawa has offered financial support for a $16.2-billion Arctic gas pipeline, the federal Environment minister said yesterday, aiming to revive a struggling proposal to tap vast northern reserves with industry conditions worsening.

WINNIPEG Two teens accused of planning a shooting rampage at three schools and a church appeared in a Winnipeg court yesterday, CBC News Online reports. A publication ban was quickly applied to the court proceedings, however, after the Crown attorney requested details be kept under wraps. A girl and a boy, both 17, were arrested late last week.

FIRE A family dog is being credited with saving a family during a blaze at a home near Rusagonis, N.B., early Sunday that ended up taking the animal’s life, CBC News Online reports. The father and his sons, two and five years old, were sleeping in the basement of the home when they were awoken by the barking of the chocolate Labrador retriever.

METRO NEWS SERVICES

NDP will still try to topple Conservatives over budget

POLITICS NDP Leader Jack Layton is vowing to try and topple the minority Conservatives over next week’s budget even as the Liberals — his partners in the opposition coalition — preach a wait-and-see attitude.

Layton said yesterday that only the NDP-Liberal coalition formed last year to replace the Tories can be trusted to implement the ideas needed to help Canada through the economic turmoil.

“If the Liberals decide to support Mr. Harper ... they’ll be doing it alone.”
Jack Layton

“If the Liberals decide to support Mr. Harper, I have to tell them, they should know this: They’ll be doing it alone,” he said.

TORSTAR NEWS SERVICE

Search called off for people missing after Costa Rica quake
Costa Rican authorities called off their search yesterday for victims of landslides from a recent deadly earthquake. Rescue teams have pulled 23 bodies from the Poas volcano region, where waves of earth buried cars and crushed homes during a 6.1-magnitude quake Jan. 8. Seven people are still missing. REUTERS

World

Church targets 'Mega brothels'

Church of England dioceses are to call for a government crackdown on human trafficking in the run-up to the London 2012 Olympics to prevent a repeat of the "mega brothels" set up in German cities for the 2006 World Cup. The church members pointed to the World Cup in Germany, where they said city officials adopted a "pragmatic" approach toward catering to the sexual desires of the estimated three million football fans who attended the tournament. REUTERS

Israeli forces retreat from devastated Gaza

More Israeli forces left the Gaza Strip yesterday after a 22-day assault on Hamas militants, and both sides kept a ceasefire, allowing dazed Palestinians to survey the destruction and mourn their dead.

In Jabalya refugee camp, the scene of heavy fighting, not a house was unscathed. Huge piles of uncollected garbage rotted on street corners. Children scavenged for empty plastic bottles.

Israeli sources said most troops would be out of Gaza by today — and that UN Secretary-General Ban Ki-moon was expected to visit the same day.

A spokesman for Hamas' armed wing vowed it would replenish its arsenal of rockets and other weapons, in defiance of any efforts to cut off smuggling routes.

Israel and Hamas separately declared ceasefires on Sunday, with Hamas demanding an Israeli pullout within a week.

A Hamas official said 5,000 homes, 16 government buildings and 20 mosques were destroyed and 20,000 houses damaged. Israel has said militants used mosques as weapons depots. REUTERS

Arab leaders reconcile at summit

- Arab leaders have patched up their differences over the Israeli offensive against Gaza at a summit, Qatar's prime minister said. Disagreements over the offensive showed a divide between Egypt, Saudi Arabia and their allies on one side, and Syria, Qatar and their allies on the other.

Guantanamo court convenes amid confusion

TRIAL The Guantanamo war crimes court convened in a chaotic session yesterday with accused 9-11 plotters disrupting the proceedings while lawyers debated whether an administrative hiccup had left them facing any charges at all.

Khalid Sheikh Mohammed, the self-described mastermind of 9-11, tried unsuccessfully to banish all Americans from his defence table in the courtroom and complained when a judge asked him to limit his comments.

"This is terrorism, not court. You don't give us opportunity to talk," Mohammed told the judge, Army Col. Stephen Henley.

Mohammed, who has repeatedly asserted his guilt on charges that could lead to his execution, later told the court, "We don't care about the capital punishment ... we are doing jihad for the cause of God."

The immediate question facing Guantanamo judges was whether the defendants still faced charges. The Bush administration appointee overseeing the tribunals dropped charges in all the pending cases in December and refiled them, a move aimed at updating juries that were assigned to the cases years ago. REUTERS

Recession raises risk to health, WHO says

HEALTH Global recession may lead many governments to reduce investment in basic health care, putting at risk the lives of vulnerable mothers and babies, the World Health Organization (WHO) said yesterday.

WHO director-general Margaret Chan said the world's economic woes could set back public health campaigns meant to eliminate diseases, tackle the root causes of poverty and save the lives of mothers and babies.

The crisis will also make people use public health services instead of private ones, adding to demands on stretched services.

"The crisis comes at a fragile time for public health ... Women and young children are among the first to be affected by a deterioration in financial circumstances and food availability," Chan told a meeting at the WHO's Geneva headquarters.

Chan raised concerns that "already vastly overstretched and underfunded" health systems will fail to detect and treat conditions such as cancer and heart disease. REUTERS

Slain Chechen girl's lawyer shot dead in Moscow

MOSCOW A prominent lawyer who had opposed the early release of a Russian army officer convicted of murdering a Chechen girl was shot dead yesterday not far from the Kremlin, prosecutors said.

Stanislav Markelov acted for the family of 18-year-old Elza Kungayeva, whose murder in 2000 became a symbol of human rights abuses in the region.

Markelov, 34, had led attempts to block the early release of Russian Col. Yuri Budanov, who was convicted of her murder. Protests arose last month when a court ruled Budanov should be released.

Markelov's body was found with several gunshot wounds on one of Moscow's main streets, prosecutors said.

"The dead lawyer is Stanislav Markelov. His identity papers were found so there is no further doubt about his identity," said a spokeswoman for the Moscow investigative unit of the prosecutor-general's office.

Kungayeva's murder in 2000 provoked a storm of protest in Chechnya. Her family said she had been raped and murdered in a drunken rampage by Russian troops.

Budanov was arrested in 2000 and later jailed for 10 years, the highest-ranking Russian officer to be imprisoned for war crimes in Chechnya. He was freed early last Thursday. REUTERS

Death threats

- Kungayeva's father told the Ekho Moskvy radio station that Markelov had received death threats on his mobile phone over the past few days.

News in brief

DISEASE Children in the U.S. increasingly are developing serious head and neck infections with a drug-resistant type of "superbug" bacteria called MRSA, U.S. researchers said. Rates of methicillin-resistant Staphylococcus aureus, or MRSA, are rising in children, and researchers called on doctors to be judicious in prescribing antibiotics and take care when examining head and neck infections. REUTERS

Go to a party to cut dementia risk

Keeping a full social calendar may help protect you from dementia, researchers said. Socially active people with calm, outgoing personalities had a 50 per cent lower risk of developing dementia compared to isolated men and women who were prone to distress. **REUTERS**

Carrying King's legacy

Civil rights advocate urges non-violence

Bernard LaFayette, beaten and arrested 27 times during the civil rights movement, has spent his life working toward a goal the movement's leader Martin Luther King shared with him before he was killed.

"I devoted my life to fulfilling Martin Luther King's last request," said LaFayette, who said King had been gearing up to take his teachings on non-violence around the world.

King, honoured yesterday in the U.S. with a civic holiday, would have been heartened by the inauguration of Barack Obama as the first black U.S. president, but his dream was ending what he called "the curse of war," said LaFayette.

"They voted for (Obama) ... because they saw some hope and the possibility of change."
Bernard LaFayette

LaFayette said Obama's election underscored a desire for change amid an unpopular war and huge economic challenges.

"They didn't vote for him because he was black. They voted for him ... because they saw some hope and the possibility of change," he said, adding that Obama embodied King's principle of seeking reconciliation with one's enemies.

After King's assassination in 1968, violence and riots left 46 people dead and 2,600 injured in outrage that flew in the face of King's work on non-violence, but made LaFayette even more determined to continue that mission.

Forty-one years later, LaFayette estimates he has trained and certified more than 20,000 individuals in King's six principles of nonviolence, including 3,000 Miami police officers and hundreds of inmates in one of Colombia's most violent prisons.

REUTERS

Follow U.S. lead in Afghanistan: NATO chief to members

AFGHANISTAN NATO members need to follow the U.S. lead in boosting their commitment to the fight against militants in Afghanistan, NATO Secretary-General Jaap de Hoop Scheffer said yesterday.

"I strongly hope that we will also see the other allies step up with more forces and when that's not possible, with more civilian aid, development co-operation, reconstruction aid.

"I think it's fair and I think also politically healthy for the alliance if we have a fair sharing of the burdens in this alliance and this mission between all the allies."

Many European allies have been reluctant to commit more to the increasingly dangerous operation. **REUTERS**

Inauguration **High expectations**

REUTERS/JASON REED

A woman examines a T-shirt honouring U.S. president-elect Barack Obama as preparations for the inauguration of Obama were underway in Washington yesterday.

Biden had pick of jobs?

POLITICS Did Joe Biden have his choice of two jobs for Barack Obama, vice-president or secretary of state?

His wife, Jill Biden, suggested just that on The Oprah Winfrey Show yesterday, and that she wanted her husband to be vice-president instead of secretary of state because it involves less travel.

"If you're secretary of state, you'll be away, we'll never see you, you know," she said, describing her talk with her husband.

"But I said, if you are vice-president, the entire family ... can be involved."

A Biden spokeswoman clarified Jill Biden's comments, saying Joe Biden had only been offered the vice-presidency, and that she meant him being vice-president would be a better fit for their family.

REUTERS

News in brief

CHINA Health authorities said a 16-year-old boy from Guizhou province is in critical condition after contracting the H5N1 birdflu virus, the third case reported in as many days. They noted he previously had "contact with dead poultry."

BRAZIL At least five people remain in critical condition after a Sao Paulo church collapsed Sunday. Officials say the death toll likely won't climb further than nine. **REUTERS**

News websites brace for barrage of viewers
Sites like CNN.com and other major television networks are planning to offer streaming Internet video of the event, but warn that users could experience slower than normal responses from their websites because of increased traffic. METRO NEWS SERVICES

Presidential Inauguration

Lincoln Bible

The same Bible used by Abraham Lincoln, left, will be used by Barack Obama as he is sworn in by Supreme Court Chief Justice John G. Roberts Jr.
METRO NEWS SERVICES

THE DAY'S EVENTS

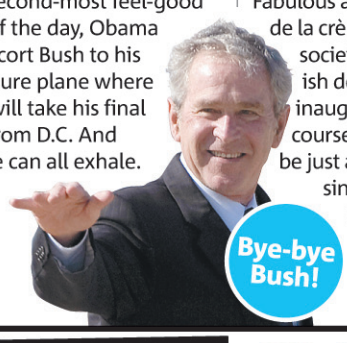
• Morning worship service
Like every U.S. president-elect since Franklin D. Roosevelt, Barack Obama will tip off Inauguration Day with a morning worship service — most likely a private affair for him and his family and friends — at a church in D.C.

• Procession to the Capitol
U.S. President George W. Bush and his wife Laura Bush will join Obama and his wife, Michelle, for the motorcade procession to the Capitol — and undoubtedly fantastic conversation.

• Vice-president's swearing-in
Since he'll fade into the background the second the new administration takes its place, vice-president-elect Joe Biden gets the first turn being sworn into office on the steps of the Capitol.

• President's swearing-in, inaugural address
The main event is next up with Obama swearing the oath of office, then addressing the country and affirming for one last time all the promises he's made.

• Departure of the outgoing president
In the second-most feel-good event of the day, Obama will escort Bush to his departure plane where Bush will take his final leave from D.C. And then we can all exhale.



• Inaugural parade
The city will go crazy as bands, floats and military personnel celebrate down Pennsylvania Avenue while Obama will watch from a secure post.

• Inaugural balls
Fabulous affairs with the crème de la crème of Washington society, great food and lavish decorations concludes inauguration day. Of course, this year that may be just a tad inappropriate since the U.S. is teetering on the edge of national bankruptcy.
GRAHAM WOOD/METRO

10 facts to take to the bar ... U.S. presidents

1 **George Washington**'s salary as president was $25,000 US — George W. Bush's was $400,000 US.

2 **Theodore Roosevelt** became the first president awarded the Nobel Peace Prize in 1906.

3 **George W. Bush** was the 43rd president, but there actually have only been 42 presidents: Cleveland was elected for two nonconsecutive terms and is counted twice, as the 22nd and 24th president.

4 The oldest president ever elected was **Ronald Reagan** (1981-89). The 40th president took office at the age of 69.

5 Twenty-six presidents were lawyers before becoming president.

6 **Andrew Jackson** was the first president to survive an assassination attempt.

7 **Theodore Roosevelt** (1901-09) was the youngest president to ever serve. He was elected vice-president on a ticket with president **William McKinley**, but in September 1901 a deranged anarchist shot McKinley twice in Buffalo, New York, and Roosevelt assumed the top office at 42.

8 **Bill Clinton** was the first U.S. Democratic president to win re-election since **Franklin D. Roosevelt**.

9 The first and only president for a day was **David Atchison**. Zachary Taylor was a staunch Episcopalian and refused to be sworn in on a Sunday.

10 **James Madison** was president when the British entered Washington and set fire to the White House during the War of 1812.

BY THE NUMBERS

$50M
Amount D.C. Mayor Adrian Fenty predicts will be needed to cover costs associated with the inauguration. Congress has already approved $15 million.

2.5M
Number of people city officials expect in the city to celebrate inauguration festivities.

5,000
Number of portable toilets to be available to revelers on the National Mall.

22
Number of hours D.C.'s subway system will be running rush-hour service — from 4 a.m. to 2 a.m. — on Inauguration Day.

Network coverage

CBC and CBC Newsworld
• Starting at 8 a.m., Peter Mansbridge hosts inauguration coverage. Live coverage of the parade at 11 a.m.

CTV
• Lloyd Robertson hosts a live special starting at 7 a.m., with commentary from Frank McKenna and Eleanor Clift, former White House correspondent for Newsweek.

Global
• Kevin Newman quarterback's coverage with a live Global News special starting at 8 a.m.

U.S. networks
• All three main U.S. networks as well as CNN start airing live from Washington at 7 a.m. ABC has Dianne Sawyer, Charles Gibson and George Stephanopolous hosting. CBS' coverage is helmed by Katie Couric. NBC's Brian Williams and Tom Brokaw lead their coverage, while MSNBC has Keith Olberman, Rachel Maddow. CNN has Wolf Blitzer and Anderson Cooper.
TORSTAR NEWS SERVICE

Address to focus on responsibility

Barack Obama's inauguration address will call on Americans to embrace a new era of responsible behaviour — in government and in business.

Obama's speech today will ask the country to reject the "culture of anything goes."

Obama will ask Americans to restore a national value system that honours responsibility and accountability. It harkens back to John F. Kennedy's call for personal sacrifice in his 1960 inauguration address.

Obama wrote the bulk of the speech, press secretary Robert Gibbs said.

George W. Bush's 2005 inaugural speech ran 21 minutes.

"I don't think you're going to be surprised by what you hear."
David Axelrod, adviser

Obama's speech is expected to run about 15 to 20 minutes, according to ABC, which is on the short side compared to most inaugural addresses.

David Axelrod, Obama's senior adviser, said the speech would be consistent with the themes that Obama has emphasized throughout the campaign.

"I don't think you're going to be surprised by what you hear," he said. "I think he's going to talk about where we are as a country, but also who we are as a people and what responsibilities accrue to us as a result of that, and what we have to do to move forward." TORSTAR NEWS SERVICE

Riding the wave of public approval a heavy burden to bear

RATINGS As Barack Obama takes the oath of office today, with one of the highest approval ratings in history, the weight of a nation's hope is on his shoulders.

It's not just an abstract hope, but often, a very personal one. His well-wishers feel a palpable tie to the presidency, in a way that has seldom been seen in a political system that has steadily declined in its citizens' confidence.

"I have a daughter who lost her job with Ford (Motor Company), and she's struggling," says Laura Clark of Dunbar, W.Va., one of America's poorer states. "I just hope he'll create the conditions that will get her a job. I think he'll be able to do it because he's capable of bringing everyone together to accomplish the most important goals."

RICK MADONIK/TORSTAR NEWS SERVICE

The public was still able to get fairly close to the inauguration site yesterday during the Martin Luther King holiday celebrations.

Clark is not alone in that wish. The shattered economy is on most people's minds. And Obama's image of steadiness, stability and reasoned optimism has captured their confidence, drawing record numbers to Washington for today's inauguration ceremony. According to a Gallup poll this week, a whopping 83 per cent approve the way he's handled his transition to authority, and 78 per cent view him favourably, one of the highest ratings the opinion sampling company has recorded in recent decades. By comparison, only 17 per cent expect George W. Bush to be remembered as an above average president as he leaves office, and a scant 22 per cent say they approved of his eight-year term. For some, Obama symbolizes the hope for cleansing and renewal. For others, he is simply a welcome respite from eight long years.

But says Tawanda Wright of Chicago: "My biggest fear that his term won't be long enough. I think he needs at least 12 (years)."
TORSTAR NEWS SERVICE

Cellular providers prepare for the worst
Bell, Rogers and Telus have said they are expecting heavy cellular usage today, but reassured users it isn't likely to affect domestic operations. METRO NEWS SERVICES

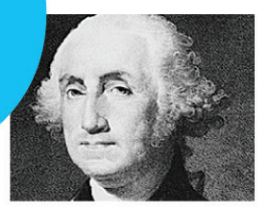
Presidential Inauguration

The good, the bad and the most unfortunate

History's unforgettable moments — and those not worth remembering

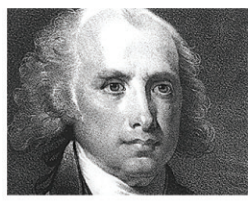
5 inaugurations you would have wanted to attend ...

George Washington, 1789
To see what a president should really look like: Washington wore white tights with silver shoe buckles and carried a steel-hilted sword.

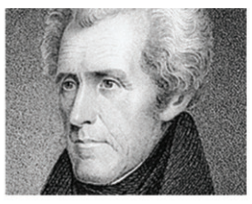


Thomas Jefferson, 1801
To shake the president's hand: Jefferson broke precedent by mingling among spectators instead of riding in a carriage to his inauguration.

James Madison, 1809
To get cheap tickets: Remember when $4 would buy you a ticket to the inaugural ball? Well, maybe not, but that was the going rate for Madison's soirée. Today, it would cost an arm and a leg.



Andrew Jackson, 1829
To get good gossip: After a particularly brutal campaign, outgoing president John Quincy Adams spitefully skipped out on the festivities.



Franklin Pierce, 1853
To witness a presidential spurning: Pierce was the first of two presidents to "affirm" the oath of office instead of "swear" it, and he placed his hand on a law book instead of a Bible. METRO

... and five inaugurations you're glad you missed

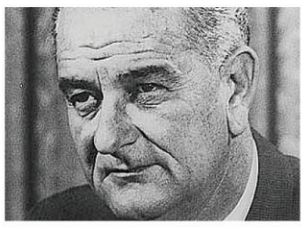
Ulysses S. Grant, 1873
Because who serves frozen food at an inaugural ball?: Grant's inauguration fell on the coldest March 4 on record. The building where the ball was held had no heat orinsulation. The food froze on the tables.

William H. Taft, 1909
Because you would have gotten stuck in a blizzard: The inauguration was forced indoors as winds toppled trees and telephone poles, trains stalled and streets were shut down. Crews cleared 58,000 tons of snow and slush.

Woodrow Wilson, 1913
Because no one wanted to party: Grieving the loss of his son, the newly sworn-in president Wilson cancelled the inaugural ball because he felt it was inappropriate for what should be a solemn occasion.

Herbert Hoover, 1929
Because everyone was too poor to party: On the brink of the Great Depression, officials suspended the inaugural ball for a much more modest charity ball. Nothing like bread lines to kill the mood.

Lyndon B. Johnson, 1963
Because you would have missed it anyway: After the assassination of John F. Kennedy, Johnson was administered the oath of office on an airplane. There were no ceremonies until he was officially elected in 1965. METRO



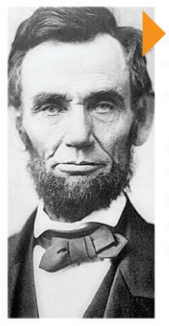
Dumbest president?

William H. Harrison wore no winter gear at all to his inauguration in 1841. He delivered the longest inauguration address on record in the cold and wet 9 C weather. A month later, he died of pneumonia. The illness is said to have been brought on by overexposure to the weather on his inauguration day. METRO

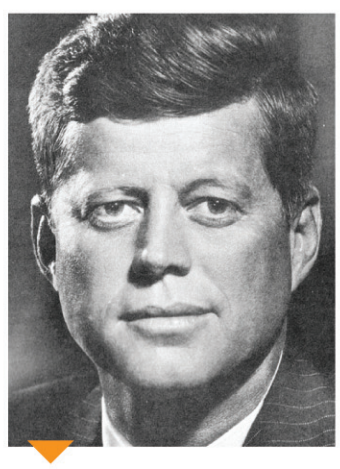
William H. Harrison

True words of wisdom

"No people can be bound to acknowledge and adore the Invisible Hand which conducts the affairs of men more than those of the United States."
George Washington

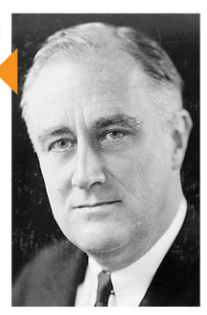


"With malice toward none, with charity for all ... let us strive on to finish the work we are in, to bind up the nation's wounds."
Abraham Lincoln



"Ask not what your country can do for you — ask what you can do for your country."
John F. Kennedy

"The only thing we have to fear is fear itself."
Franklin D. Roosevelt



"The tragic events of the 30 months of vital turmoil through which we have just passed have made us citizens of the world. There can be no turning back."
Woodrow Wilson

10 things you never knew ...

1 **Franklin D. Roosevelt** was the first president to be inaugurated on Jan. 20 in 1937. Before that, Inauguration Day was March 4.

2 **George Washington** delivered the shortest inauguration speech in history — at only 135 words — during his second inauguration in 1793.

3 **James Buchanan's** inauguration in 1857 was the first to be photographed.

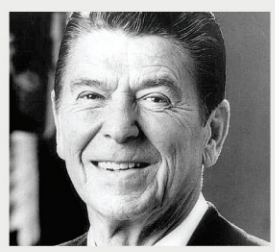
4 African-Americans first marched in the inaugural parade at **Abraham Lincoln's** second swearing-in in 1865.

5 Women participated for the first time in an inaugural parade during **Woodrow Wilson's** second inauguration in 1917.

6 **Calvin Coolidge** was sworn in by former president William Taft, who had become the chief justice of the U.S. Supreme Court, in 1925.

7 **John F. Kennedy** was the first Catholic to become president.

8 **Gerald Ford** was the first unelected vice-president to become president.



9 **Ronald Reagan's** first inauguration was the warmest inauguration day on record. His second inauguration was the coldest.

10 **Bill Clinton's** inauguration was the first to be broadcast live on the Internet. METRO

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Obama: Reversing a spiral

National**Report**

Lawrence Martin

United States
Presidential
Inauguration

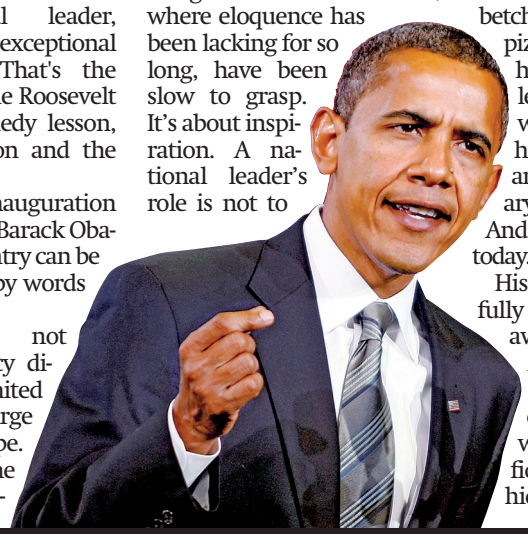
Behold the lesson from the ones who are most remembered. To be an exceptional leader, you have to be an exceptional communicator. That's the Lincoln lesson, the Roosevelt lesson, the Kennedy lesson, the Reagan lesson and the Trudeau lesson.

And today, inauguration day, it will be the Barack Obama lesson: A country can be moved as much by words as by deeds.

Obama may not change the policy direction of the United States to the large degree many hope. In recent weeks, he has sounded increasingly moderate and mainstream. He appears to be seeking consensus rather than radical change.

His appointments are predominantly centrist types. His anti-war talk has dimmed. He's been all smiles around George W. Bush. He even declined an opportunity to repudiate the vile Dick Cheney.

But he's proving something that leaders in Canada, where eloquence has been lacking for so long, have been slow to grasp. It's about inspiration. A national leader's role is not to be one of the boys. It is to project something higher than the mundane. It is to uplift the country's conscience.



George Junior's frat-boy talk was hardly suited for the greatest power on earth. Sarah Palin's low-brow "you betcha" schtick was OK at a pizza banquet for the local hockey team. But for a leader of the western world, forget it. Take a hike George, Sarah, Dick and y'all. Visit a dictionary. Look up eloquence. And listen to Barack Obama today.

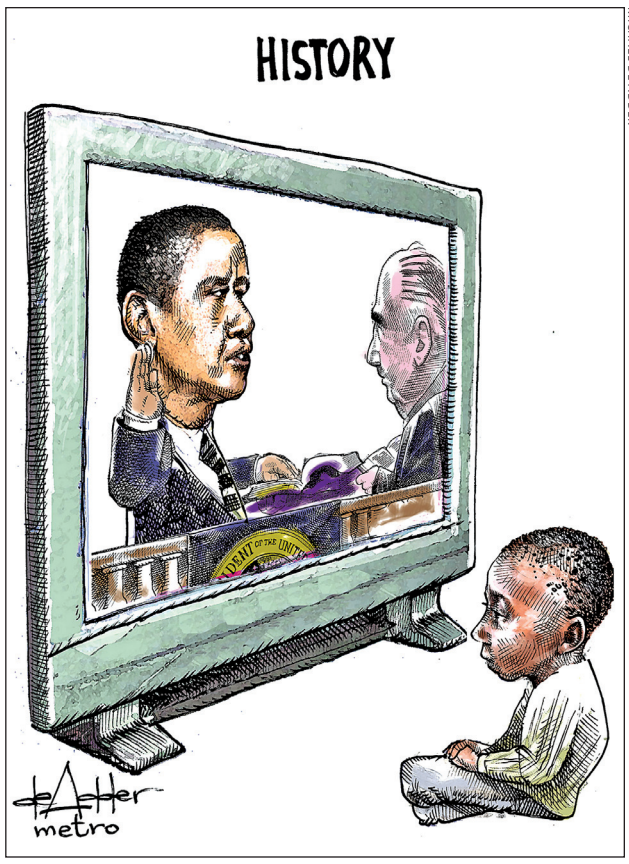
His historic oration hopefully will mark a turning away from a chapter in American history when it's been cool to be dense, when if you were seeking political office you were advised to hide your Ivy League education. It's been a period — frequently referred to as the dumbing-down era — when to be erudite was decried as being elitist.

John F. Kennedy isn't remembered so much for what he did as for the style and the inspiration he brought. In the case of Pierre Trudeau, it's much the same. Each leader was seen as standing up for something higher. Each leader had his share of deficiencies, but Kennedy revitalized his country and so did, at least in his early years at the helm, Trudeau.

They weren't chasing after the lowest common denominator. They weren't mingling religion with politics. They weren't preying on people's base instincts.

That's the way down. Today, as the United States brings forward a beacon of inspiration, it's on the way to reversing that spiral.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Middle East needs more Obama

Mona Eltahawy
Global View

I live in Harlem, New York City, which on election night was the centre of the universe. I have never seen people so happy.

Four days later, I went to the Axis of Evil, or at least that's how former (doesn't it feel good to say that!) U.S. president George W. Bush described Syria. And there in the Damascus market I bought a T-shirt that said simply "Obama." One line in Arabic. Another in English.

Two very different cities. One simple joy at the mere idea of Obama.

Three months later, I am back in the Middle East and there is little joy. But Obama isn't the reason the region is heartsick and wary. Rather, it is the absence of an Obama in the region that has sucked all joy out of it.

This morning in Doha, Qatar, the main photo on the front page of one of the national dailies was of Palestinians in Gaza lifting the decomposing body of a man onto the back of a pickup truck.

I am writing this from Tel Aviv, Israel, where at the airport an Israeli friend told me she is finally smiling again because with the ceasefire in place, she no longer has to worry her son will be sent to Gaza to fight.

So, how do we become audaciously hopeful in the Mideast?

Forget our audaciously awful leaders — and when it comes to the Arab-Israeli conflict they are evenly spread on both sides. Focus instead on young people, who form the majority in the region.

That's where U.S. President Barack Obama (doesn't it feel good to say that?) comes in.

The realist in me reminds the foolish optimist that Obama will be preoccupied with the U.S. economy and won't be as focused on the Middle East as those of us from the region would wish. The poor man, trim and fit physique notwithstanding, must be weighed down by a burden of expectations from everyone.

"The old leaders in the Middle East have stopped dreaming. That's a tragedy. Young people still dream."
Prof. Mira Tzoreff

But, he can be the leader the region lacks. He can be the leader that tells our young people — Arab, Israeli, Iranian and Kurdish, take your pick — "Yes *you* can!"

A young Egyptian blogger I met in Doha told me that listening to Obama's acceptance speech he felt he was listening to the late Egyptian president Gamal Abdel Nasser, known for his mesmerizing presence. The latter died long before the blogger was born, but that's how far he must go back to point to an Arab leader with a charismatic ability to galvanize the public.

"The old leaders in the Middle East have stopped dreaming," Prof. Mira Tzoreff told me as she and her husband drove me to my hotel. "That's a tragedy. Young people still dream."

President Obama, you still dream. Talk to the young people here and tell them their dreams matter.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Worth mentioning

Hooping: From child's play to must-have fitness tool

Hula Hoops, those baby boomer toys that fired a worldwide craze in the 1950s, have come back as must-have fitness tools to strengthen the core and battle the love handle.

The hoop is an ancient toy, fashioned from dried grape vines in ancient Egypt and depicted on vases in fifth-century Athens.

But today's hoops are bigger, heavier, gaudier and more portable. And on the hips of 21st-century practitioners, "hooping" has morphed from child's play to low-impact workout, aerobic dance, and path to enlightenment.

"Hooping transformed my entire life," said Christabel Zamor, founder and CEO of HoopGirl Inc.

According to Zamor, contemporary hooping has evolved into hoop dance — a form of fitness, healing and meditation for adults of all ages and ability levels. She said hooping is often called "the new yoga" because of its holistic and wellness benefits.

To Zamor, whose program has licensed more than 250 American Aerobics and Fitness Association-certified hoop dance teachers, contemporary hooping is all about fitness, self-esteem, and "getting your groove on."

"I was sedentary when I started hooping. But over time my body grew lean and my confidence soared," she said from her San Francisco headquarters.

The business of hooping in the 21st century is mainly a cottage industry of hoop teachers and hoop makers. But these entrepreneurs seem to agree that the newer, heavier, more efficient hoops are the key to the discipline's increasing popularity. REUTERS

Metro Online Poll Results

60% SAID YES	Do you plan to watch Obama's inauguration? *Weigh in on today's question at metronews.ca*	40% SAID NO

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Russia and Ukraine sign gas-supply deal

Russia and Ukraine signed a 10-year gas-supply deal yesterday, clearing the way to resume deliveries to Europe. Ukraine will buy Russian gas at a 20 per cent discount compared with European prices. The exact price was not disclosed. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Homeowners go cautiously green

HOMES Though demand for green products and services remains high in the downturn, big-ticket items are a harder sell.

Early adopters of green technologies are less affected because they tend to have higher disposable income, so the challenge is pushing pricier technologies into the mainstream.

Some companies are confident in the potential for growth, while others says customers are willing to pay to make an ecological statement.

TORSTAR NEWS SERVICE

In brief

AUTOS Industry Minister Tony Clement said General Motors and Chrysler should wrap up talks with Ottawa before the Feb. 20 "drop dead" date to agree to a bailout. **REUTERS**

No loan relief?

Chris McNeil says Canada's banks are making it tough for working folks to dig themselves out of debt.

The 34-year-old administrative assistant finds it "troubling" banks only cut their prime rates to 3.5 per cent from four per cent last month, even as the Bank of Canada slashed its rate by 75 basis points to 1.5 per cent. And he worries banks may hold back again today.

The Canadian Bankers Association has recently argued that banks' total costs of borrowing have not fallen as far as the Bank of Canada's rate. The overnight rate is just part of banks' total funding mix.

Some economists suggest consumers may not see substantial relief in borrowing costs soon. While most expect the Bank of Canada to cut its overnight rate again today, not everyone is convinced that commercial banks will pass on the full savings this time around.

"My suspicion is that (banks) will pass only part of (the rate cut) along to borrowers."
Erin Weir

"My suspicion is that they will pass only part of it along to borrowers," said Erin Weir, an economist with the United Steelworkers union.

Beata Caranci, director of economic forecasting at TD Bank, argued that lending risk was higher as consumers lose jobs and the economy threatens businesses. **TORSTAR NEWS SERVICE**

What Obama can do for Canada

Charles Davies
News Analysis

United States
Presidential
Inauguration

If his recent statements are any guide, U.S. president-elect Barack Obama will boldly confront America's economic plight in his inaugural address today. He'll stress the urgency of a stimulus package (roughly $775 billion US, but potentially more than $1 trillion US).

Canadians will listen as closely as Americans, since 80 per cent of our exports, and one in five of our jobs, depend on the U.S. economy. Anything Obama does to stimulate the U.S. economy will be good for us, but the measures will affect us in small doses over a long period, and there could be complications.

Anywhere from $270 billion US to $310 billion US of the Obama stimulus package will come from lower taxes for individuals and businesses. If people spend the extra cash, that will benefit Canadian exporters of everything from cars to forest products. If businesses use their refunds to expand and hire workers, that indirectly benefits us, too.

But if individuals save their refunds, that money will have to be funneled through a newly risk-averse financial system before it has any effect. And if businesses use their refunds defensively — reducing debt — their prudence will actually slow a broader recovery that would help Canada.

Benefits from Obama's broad but unspecified plans for infrastructure development are cloudy — though under the North American Free Trade Agreement, Canadian companies could conceivably could win a share of the $136 billion US of public projects said to be "shovel-ready."

Of course, NAFTA itself may be up for renegotiation if U.S. protectionist elements get their way, and stricter border regulations would slow trade. Stimulus package or not, Canadians should get ready for a long and bumpy ride.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

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METRO NEWS SERVICES

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Words from the moneywise

SmartCookies

smartcookies.com

When we made the decision to get our financial lives in order, the first thing we did was spend hundreds of dollars on money guides. Sounds crazy? It was. So to save you from this mistake, we've compiled a list of our favourites. Now of course, the No. 1 must-have is Smart Cookies' Guide to Making More Dough (wink, wink), but here are our top picks.

Andrea's Pick:

Suze Orman's 2009 Action Plan, by Suze Orman

Suze Orman is known for her no-nonsense smack-down style, and this book is no exception. 2009 Action Plan, is a simple, step-by-step guide on how to get back on track and into financial shape if you've fallen off the wagon due to the present economic disaster. Plus, it's half the price of a regular financial book in bookstores.

Sandra's Pick:

Make Money Not Excuses, by Jean Chatzky

Prior to becoming Smart Cookies, we had excuse after excuse as to why we just couldn't save, invest, or make more dough. After reading this book we realized that a: we weren't alone (the author even shares her own money mistakes!) and that b: confronting our money mishaps was the first step in reaching financial freedom. Plus, you'll love the simple solutions to your everyday money concerns.

Angela's Pick:

Smart Women Finish Rich, by David Bach

In the early days of our money group this was our guide (we even took part of the title to create our name!) When reading this book, I started to think about my money not as a number in the bank or a source of stress but as a means to living my richest life (in all senses of the word.) It's a step-by-step guide to becoming a financially savvy and self-sufficient woman and every Smart Cookie should read Smart Women Finish Rich!

Katie's Pick:

Freakonomics, by Stephen Dubner and Steven Levitt

I am a sucker for a good storyteller. And a book that can analyze different socio-economic phenomena in a humorous and engaging way will definitely earn my respect. Freakonomics examines what people will do to get what they want. And while it's not your typical financial how-to book, it does offer some great lessons on questioning the different financial incentives we encounter.

Robyn's Pick:

The Wealthy Barber, by David Chilton

Although it's been 20 years since this book was first published, the core concepts continue to ring true. Chilton was certainly not the first to introduce the idea. However he certainly made it clear that paying yourself first is one of the fundamentals in living your richest life. As a book that has sold nearly three million copies, and is the best-selling Canadian book of all time, Chilton's concepts are definitely well respected within the financial field.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

What will get the market moving ahead in 2009? Read this week's column at metronews.ca

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No income, no taxes, right?

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Last November, I received a request from Revenue Canada to file a tax return for 2004-07. In 2003, I was laid off from work; the payout was generous and I decided to start my own business. Currently, my income is derived from investment dividends and interest. Profits from the business are insignificant. My total income is less than the basic personal exemption. Therefore, I would owe no taxes. Many of my colleagues agree: I do not have to file a tax return, unless I owe taxes! How do I get them off my back? Ali

A Your age or marriage status isn't very clear, but it must be a challenge to live on income that you describe.

You're partially right: Individuals must file a tax return if taxes are owed. However, there are many other circumstances that obligate you to file:

- CRA has made a request. This obligates you to file.
- An individual has disposed of property. Although you receive investment income less than the basic personal exemption, if you sold real estate, stocks, or owned mutual funds, gains may exist.
- If your profits from the business exceed $3,500, you may have a CPP obligation.
- Repayments of RRSP HBPs or LLPs.
- Repayments of OAS or employment.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

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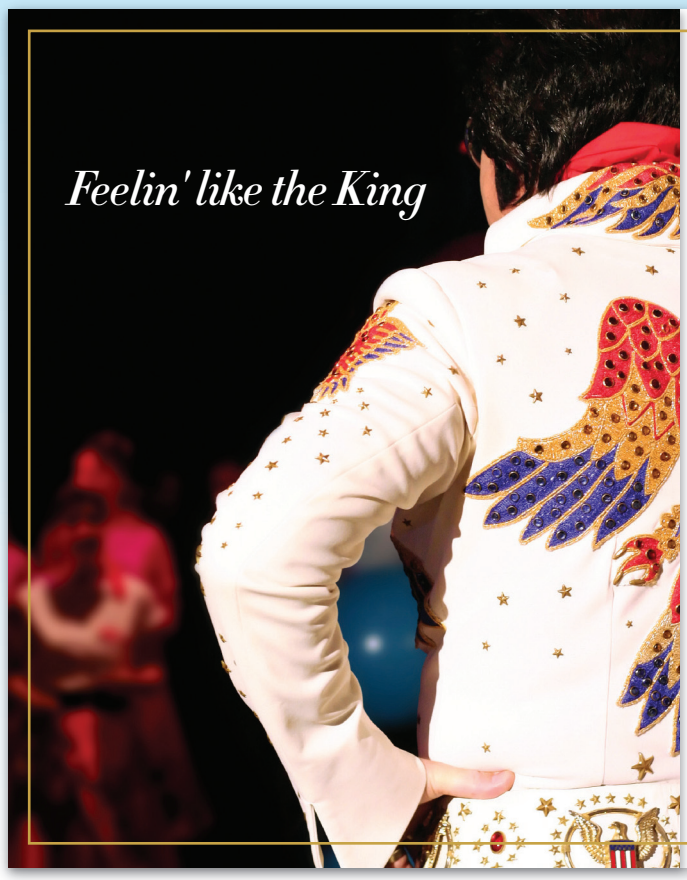

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World Baseball Classic single-game tickets on sale
Fans are now be able to purchase single-game tickets to the opening round in Toronto. Visit worldbaseballclassic.com or bluejays.com for more.

Sports

Dempster out for WBC

Ryan Dempster, left, has bowed out of Team Canada for the World Baseball Classic. Fellow Chicago Cubs teammate and B.C. native Rich Harden was named on the 45-man provisional roster released yesterday, but shoulder concerns could put his participation in doubt.
METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Canucks find their way to San Jose

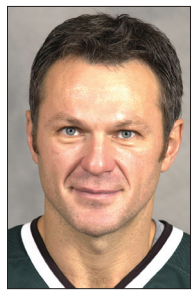
Tonight

VS

7:30 p.m., TSN/TEAM 1040

The Canucks return to the scene of their most lopsided loss of the season, a 5-0 spanking in San Jose by league's best club on Dec. 23. The Sharks have visited Vancouver since that time, posting a 4-2 win just 10 days ago in a much more competitive contest. On paper, this appears to be a mismatch as the Canucks have won just two of their last 10 games while the Sharks have won 21 of their 24 home games, with only one of those three losses coming in regulation.

FINN IN?: Sami Salo returns to the Canucks lineup tonight after being sidelined 15 games with a broken rib. However, Pavol Demitra is out with a tweaked groin, meaning Mason Raymond draws back into the lineup after a game in the press box.



Claude Lemieux

OLD NEW FACE: 43 year-old Claude Lemieux is expected to make his Sharks' debut tonight after being called up from Worcester of the AHL. Lemieux hasn't played an NHL game since 2003.

TEN-YEAR ITCH?: Vancouver is in jeopardy of losing six straight games for the first time since March 1999.
METRO NEWS SERVICES

Wild take down Blackhawks

NHL RESULT
Wild 4 Blackhawks 1

Niklas Backstrom made 40 saves, and Marek Zidlicky had two power-play goals and an assist to lead the Minnesota Wild to a 4-1 victory over the Chicago Blackhawks.

The loss was only Chicago's third regulation home loss so far this season.

Owen Nolan had two assists for Minnesota, and Martin Havlat had the lone goal for the Blackhawks, while Chicago's Nikolai Khabibulin had 21 saves.

Havlat's goal came at exactly 10:00 of the second period, earning a fan $1 million US as part of a promotion with the Illinois State Lottery.

Backstrom made several saves to preserve the Wild's victory. Minnesota jumped ahead 3-0 by early in the second, but Chicago dominated the second half of the game. Backstrom's flashiest save was a point-blank stick stop on Patrick Kane. METRO NEWS SERVICES

NBA LeBron and Kobe meet in LaLa land

HARRY HOW/GETTY IMAGES

LeBron James drives the ball against Kobe Bryant during the first quarter of the Cavaliers-Lakers game in Los Angeles last night. The Lakers won 105-88. For a complete game report, visit www.metronews.ca/sports.

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sp: metro Photo by: John Kamitakahara

Pinball Clemons likely out as Argos CEO

YorkReport

Marty York
marty.york@metronews.ca

Michael (Pinball) Clemons, arguably the most popular figure in Toronto's sports history, is likely out as the Argonauts' CEO, sources tell Metro.

Clemons, they say, might remain with the Argos in a front-office and/or ambassador capacity but his agent, Gil Scott, isn't sure.

"I really don't know what's going on with Pinball," Scott said. "I can't get a straight answer."

Neither Clemons nor Argos co-owners Howard Sokolowski and David Cynamon could be reached by Metro yesterday. General manager Adam Rita was contacted at the Senior Bowl in Alabama, where he is scouting, but his cellphone disconnected after he was asked about Clemons and it went straight into voice mail the rest of the afternoon. While Clemons may be mulling over a non-executive offer from the Argos, the sources say ownership is close to hiring a new CEO.

Clemons, 44, became the Argos' head coach during the 2000 season after a legendary playing career in Toronto that started in 1989 and landed him in the Canadian Football Hall of Fame. He finished with a coaching record of 68-55-1 and led the Argos to the Grey Cup championship in 2004. He was appointed CEO before the 2008 season and hired his defensive co-ordinator, Rich Stubler, as his head-coaching successor. He also was responsible for trading for quarterback Kerry Joseph, who was chosen the CFL's top player with the Saskatchewan Roughriders in 2007. Both Stubler and Joseph flopped. Clemons fired Stubler in mid-season and replaced him with Don Matthews, who went 0-8.

Last week, when the Argos hired ex-NFL assistant Bart Andrus, Clemons wasn't consulted and didn't attend the news conference that introduced the team's newest head coach.

• One of Canada's premier sports columnists is retiring early.

William Houston, whose Truth and Rumours became must-read material after it launched in 1991, has accepted a buyout from The Globe and Mail and will write his final column next month.

"Bill ripped me a lot early in my career, but he made me better," CBC sports reporter Elliotte Friedman said. "He was fair."

From ex-TSN and Sportsnet anchor Jim Van Horne: "He made the media look over their shoulders and forced them to be honest."

Steelers by 7

• The Pittsburgh Steelers have been established by oddsmakers as seven-point favourites over the Arizona Cardinals for the Super Bowl in Tampa Bay on Feb. 1.

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Workplace wellness boosts health

A recent Canadian study demonstrates that workplace wellness programs cannot only improve employee health, and decrease absenteeism and job turnover, but can also improve the overall work environment.

The study surveyed 270 employees who participated in a three-year, comprehensive workplace health promotion program. Employees who took part in at least three of six wellness modules reported:

- They increased their physical activity level to five days a week or more.
- They ate more fruits and vegetables, and felt that the program had a positive impact on the work environment.

The average annual turnover rate decreased by 54 per cent and absenteeism dropped by 28 per cent during the program. The proportion of employees who reported high or very high levels of workplace stress decreased, while the proportion reporting low or very low levels, rose.

In addition to the improvement of relationships and work performance, employees who exercise have fewer sick days.

NEWS CANADA

Beyond physical fitness

Joining on-campus gym may increase chances of success at school

ANDREA WOO
for Metro Vancouver

Those who have been through college understand the threat that is posed when deadlines, high stress levels and a limited cafeteria menu combine.

But when the going gets tough, instead of turning to food or crying silently into a textbook, Douglas College student Leanne Humphrey hits the gym — one of two fitness centres and countless fitness programs offered free of charge to students and staff at the institution.

"I encourage people to come into the gym because I find that during the semester, with all the work load, it's really nice to get that out and relieve your stress," said the sport science student, who does weights and cardio three times a week in addition to other outside activity. "It keeps everything functioning properly, like your brain works better and you can go longer. It is a really good, helpful tool in the studying aspect."

Exercising at school offers other benefits in addition to stress relief and fitness.

Dean Howie, director of recreation, athletics and campus life at Douglas College, adds that there are other benefits in addition to physical fitness and stress relief.

"It's evident from all the research and surveys that the more a student makes an attachment at any institution, or feels a sense of belonging, they become more highly motivated and their chances of success are a lot more," he said. "This is an opportunity for students and staff to make a connection outside of the classroom, make friends and a social network."

There are fitness centres at both the David Lam campus (at the Pinetree Community Centre) and the New Westminster campus (at the Chris Johnson Centre). The Chris Johnson fitness centre will be renovated this summer to include a second multi-purpose room and expand the existing weight room.

"(Going to the gym) keeps everything functioning properly ... your brain works better."
Leanne Humphrey

The college also offers numerous fitness programs, including several types of aerobics, social dance, martial arts and yoga.

All coaches are employees of the college who have gone through certification courses. In addition, the college's sport science program — the one Leanne Humphrey is taking — produces future physical education teachers, coaches and fitness trainers.

"We're able to tap into the resources that are available at our college through our academic world and combine them with what takes place in (our fitness programs)," said Howie.

Taking part in on-campus fitness programs gives students a chance to make friends outside of the classroom.

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Learning Curve is a special feature that focuses on education and student life.

Demand for esthetics grads on the rise

The esthetics industry is one of the fastest-growing in North America, making it a popular career choice.

ANDREA WOO
for Metro Vancouver

As an outgoing and sociable 20-something, Ivory Stanton's days working a desk job at a real-estate company were numbered.

"I was sick of working in a cubicle and wanted to work with people," said Stanton, who quit her nine-to-five gig last fall to enroll in the pro hair diploma program at Blanche Macdonald. Seemingly a natural, she says she loves the program and is excelling at it.

In addition to hair, the school also offers programs in makeup, fashion design and esthetics. The latter encompasses indulgent services such as manicures, pedicures, facials and waxing, and is one of the fastest-growing professions in North America.

Millie Yuen, a hair dressing instructor at Vancouver Community College, attributes this to an increase in demand.

"We have an aging population and busy, busy women," said Yuen. "They're looking for some sort of relaxation, some sort of calming, for the times when they're free. It's one hour, two hours, all to yourself."

Students of the esthetics program at VCC have a four-day week, with one day spent in the classroom and the other three in a studio practising and performing their services on paying customers. There are 16 students per class and the demand for the program is so high that the college graduates students twice yearly.

The course is seven months long, and those who complete both the hair design and esthetics programs are eligible to receive a diploma in cosmetology.

Yuen says VCC's esthetics studio is also an ideal place to visit for people who want to be pampered on a budget. Manicures go for $10, while pedicures and facials are $20 each. Haircuts for both men and women cost less than most lunches at only $6, and a full head of foils is $40.

"Everybody who comes in to have a service is just more than pleased," said Yuen. "Being students, they try harder. And the atmosphere is like a spa, so it's very relaxing for the people who come in."

VCC will hold an information session on its esthetics program on Jan. 29, from 4:30 p.m.-5:30 p.m., at its downtown campus on Dunsmuir Street at Hamilton.

Exercise 'promotes social support system'

Students should make use of the fitness resources available on campus for their overall health and well-being, experts suggest.

RAFAEL BRUSILOW
for Metro Vancouver

Higher education is great for exercising your brain but don't forget to work out your body, too.

Fitness and recreation programs, often found in abundance at any university or college campus, can offer a fun and effective way to stay healthy and keep your energy levels up in the classroom.

"Fitness definitely translates into the academic setting. You'll be more aware, more awake and more alert," said Jill Cressy, an assistant program manager who overseas fitness, dance and martial arts classes at the University of Toronto.

Cressy says intramural sports teams and fitness classes aren't just for athletes and most schools across Canada offer a wealth of programs ranging from casual to advanced levels.

If you do join a program, don't neglect weight and strength training because they are crucial in helping develop your body's general health.

Michael Eagles, athletics director at St. Thomas University in Fredericton, N.B., says while losing weight is one obvious effect of exercise, the ultimate goal of any fitness program should be overall health.

"Losing weight is a benefit when you start, but you should do it because you want to live a healthy lifestyle. Exercise leads to an overall improvement in your outlook and your well-being. People who exercise feel better day in and day out," Eagles said.

Dr. Tish Doyle-Baker, an associate professor at the University of Calgary who researches health issues, says one overlooked benefit of joining fitness and recreation programs is the shared support they provide.

"Exercise really promotes a social support system — other people are there and they offer encouragement and you offer encouragement back," Dr. Doyle-Baker said.

Whether it's joining a volleyball intramural team, a morning job club or taking yoga classes, Dr. Doyle-Baker suggests making use of all the fitness resources your campus has to offer in a way that excites you.

"Get out there and do something you really like," she said.

Cressy agrees, adding that choosing activities which you find fun often makes the biggest difference in whether you'll keep exercising.

"When it comes to sticking to a program, it's really about finding something that's fun and joyful. When it has those elements of fun and joy, people are more likely to stick with it," Cressy said.

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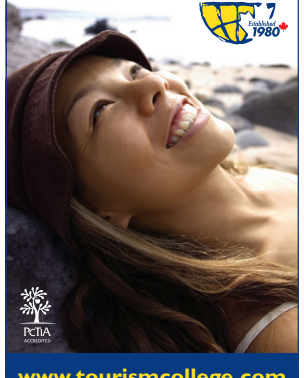

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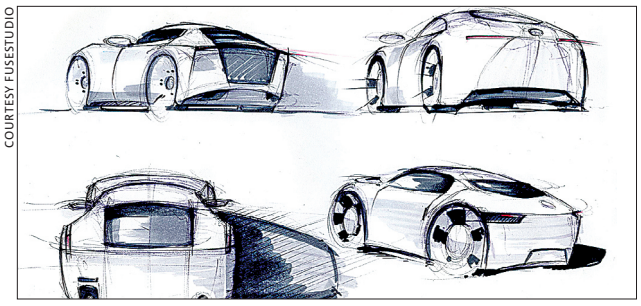

COURTESY FUSESTUDIO

The FUSE Transport Design Studio — made up of students from Emily Carr University — is building an electric vehicle.

Carr project electric

ANDREA WOO
for Metro Vancouver

If all goes according to plan, a sleek new ride will be winding the streets of Vancouver next year, running off thousands of hours of research, some blood, sweat and tears, and perhaps most notably, electricity.

This is the goal of the FUSE Transport Design Studio, a multi-disciplinary group of students from Emily Carr University: To develop and build an electric vehicle in time for the 2010 Olympics.

Stephanie Vacher, content manager and team publicist, said she got involved because she is personally concerned about the environment, but also because she wants to motivate others to rethink the way transit operates in metropolitan areas.

"Cars are a staple of our society, so we need to focus on creating a form of transportation that will lower our environmental footprint," said the third-year student. "Basically, if students can do this, it shows that anybody can get involved and change their community."

The FUSE team was born in late 2007 when team founder Bartosz Bos submitted a proposal based on 1,500 hours of research to Emily Carr president Dr. Ron Burnett. Burnett approved it, and over the course of the next year, a curriculum was developed and interested students recruited.

"I wanted to see how Emily Carr could best pool its resources to initiate a project that would support Emily Carr's commitment to sustainability," said Bos. "I wanted something fun and engaging for students, a real-world project creating a real-world product for our region."

To avoid unnecessary spending, the group will take an existing vehicle and perform what Bos calls a "high-level conversion," stripping it of its gas-guzzling innards and making it electric.

The team will receive help, expertise and advice from their partnerships with Vancouver Electric Vehicle Association — which has committed 1,000 hours of time — and Energy Awareness Through Art.

If the car is completed by deadline, there are tentative plans for it to take a symbolic trip to Whistler. After that, Bos says he intends for it to be showcased at schools and events as an example of sustainable technology.

Vacher says she feels the project has already succeeded in many ways.

"We are raising awareness, engaging our community and having a lot of fun in the process," she said. "Speaking practically, even if we don't meet our deadline, we are learning how to negotiate a major project. That's the most important factor in this venture."

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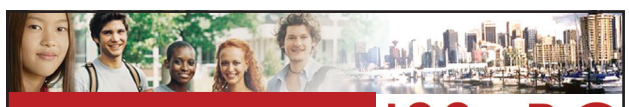

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Possible to eat well – even on a budget

CHELSEA MIYA
for Metro Vancouver

Student life could be taking a toll on your health.

It's no surprise, given the many years of bleary-eyed, sleepless nights spent poring over textbooks and typing up last-minute assignments, a cup of stale coffee at your elbow and a half-eaten pot of Kraft dinner on the stove.

One of the major culprits is packaged and processed foods.

"Students eating on the run are going to go with what's cost-effective and, typically, that's fast food: Bagels, burgers, French fries, chips and pop," said Judy Chambers, a registered nutritionist and certified personal trainer based in Vancouver.

"It's quick and easy, but the price you're going to pay down the road is huge."

According to Chambers, naturally occurring fats and carbs can actually be good for you. She recommends good-quality carbs, such as dark leafy greens, and good quality fats, such as butter or coconut oil.

"You're really missing the boat when you just focus on trans fat," she said. "The real danger is polyunsaturated fat from the vegetable oil found in packaged foods," she says. "The process of high heats and chemical solvents causes free radicals to be released, which attack healthy tissues. This is especially dangerous for students because (their) hormones are changing. (They are) at an active time in (their) life."

Snacking on processed foods not only takes its toll on your health, but your wallet too. Instead of that quick bowl of cereal or coffee and a muffin, go for a hot breakfast of porridge. A large bulk bag of oatmeal only costs about $2.50 and can last for weeks. If you're worried about the morning rush to class, soaking the oatmeal overnight cuts the cooking time in half.

"If you start the day with cereal, you're going to be hungry in less than half an hour because it's just flour and simple sugar," said Chambers, who recommends sitting down for at least one good meal a day.

By focusing on staples such as oatmeal and brown rice, Chambers says students can easily cut their grocery bills in half.

Another tip: Instead of instant noodles, make a large pot of hearty vegetable soup or stew that will last you for the week.

Chambers teaches healthy eating workshops and cooking classes. To register, visit dynamicbynature.com.

Healthy options when eating out

- **With $20:** Go with a stir fry or curry. Curries are packed with vitamins and antioxidants, which give it that rich yellow colour. It's filling and cost-effective.
- **With $10:** Try a whole-wheat wrap or a pasta dish. Pasta is a much better choice than a sandwich or a burger on a white bun.
- **With $5:** For hungry students, a bowl of soup is heartier and more filling than salads.

– CHELSEA MIYA/ FOR METRO VANCOUVER

Depressed in Winter?

If you are 19-65 years old, generally in good health, not currently in psychiatric treatment and you have **3 or more of the following symptoms in winter:**

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- ☐ **Loss of interest or motivation**
- ☐ **Increased need for sleep**
- ☐ **Fatigue or decreased energy**
- ☐ **Increased appetite**
- ☐ **Poor concentration**

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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Intellect linked to sperm count

You may think it's the potential for brilliant conversation that makes intelligence such an attractive trait in a man but it may be that his intellect is a sign of something else: According to researchers, smart guys have higher sperm counts.

The researchers at King's College London, the University of Delaware and the University of New Mexico compared results from intelligence tests given to 425 guys aged 31 to 44. The men also provided sperm samples and upon analysis, the researchers found the men who scored higher on the intelligence test not only had more sperm per milliliter, but their sperm were also better swimmers.

Previous theories believed that highly intelligent men might score less stressful jobs and make better lifestyle choices, resulting in better health and healthier sperm. But, according to the researchers in this study, even the smart guys with poor health had higher sperm counts, causing them to speculate that indicators of intelligence and good sperm may ride in on the same gene float.

But before all you less-than-brilliant lads get down on your little swimmers, take heart in the fact that semen has some other neat tricks up its sleeve besides delivering super sperm. For example, there is evidence that semen can make a girl happy, and not in ways you might think.

Researchers have found that women who regularly had unprotected sex with their partner were less depressed than women who regularly used a condom. Having ruled out other explanations, they think this is because mood-altering hormones in semen are absorbed through the vagina.

Of course, before you go having unprotected sex as a mood enhancer, it goes without saying that an unwanted pregnancy or an STD would no doubt put a damper on your natural high.

And while the health and vitality of a man's sperm may be a going concern (especially if he's trying to have kids), seminal fluid is much more than a spermatozoa carrier. In fact, sperm makes up only about one per cent of its contents. The rest is a complex mix of over 300 components, among them proteins, enzymes, zinc, and fructose and changes in colour, smell, taste or texture may be indicators of health problems, such as prostate infection or other plumbing problems. So, even if your little tadpoles aren't the best swimmers, it's still important to monitor the quality of the pool water.

According to the researchers in this study, even the smart guys with poor health had higher sperm counts, causing them to speculate that ... intelligence and good sperm may ride in on the same gene float.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Estrogen in creams?

CELIA MILNE
for Metro Canada

Moisturizers — particularly ones that "rejunevate" your skin — may contain estrogen without mentioning it in the ingredient list. This was the conclusion of a small study in the U.S.

For the study, 16 moisturizers were analyzed in a laboratory to see if they contained estrogen. The creams were all commonly available, and ranged in price from $10 to $100. Six of them contained measurable levels of estrogen. Yet none listed estrogenic hormones on the label.

This means that women may be exposing themselves to small amounts of estrogen without knowing it.

The leader of the study was Dr. Adrienne Olson, a doctor of pharmacy and a survivor of a type of breast cancer called estrogen-receptor positive breast cancer, which is exacerbated by higher levels of estrogen in the body. She wondered during her own breast cancer treatment if she and other women might be dousing themselves daily with extra estrogen through their moisturizers.

She suspected that products promoting a youthful appearance might contain estrogen.

Olson, a volunteer for Breastlink in Long Beach, Calif., collected the 16 samples and sent them to a research laboratory where they were analyzed for the presence of estradiol, estrone and estriol. Her collaborators in the study were Dr. John Link (MD) and Dr. Tom Kupiec (PhD) of Analytical Research Laboratories in Oklahoma City, Okla.

One of the products was found to contain estrone and five of them contained estriol. Other products may contain lower levels of estrogen not detected in this test, said Olson.

It is not clear whether skin exposure to estrogens has an influence on ER-positive breast cancer, but Olson errs on the safe side.

"As an ER-positive breast cancer survivor, I am now choosing to use baby oil — until further data is available," she told Metro in an e-mail message.

Olson presented her study at the San Antonio Breast Cancer Symposium in late 2008. She did not give out brand names of estrogen-containing products because companies frequently change their formulas.

The main purpose of the study was to encourage the cosmetics industry to produce moisturizers free of estrogen and label them as such.

ISTOCK PHOTO

In a recent U.S. study of 16 moisturizers, six of them contained measurable levels of estrogen.

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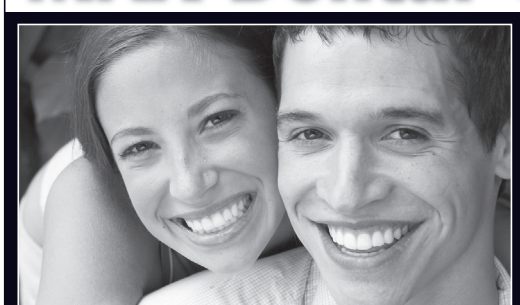
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Serve 'em up, George

Settling into his 15-month stint in a north London prison, Boy George has already landed a job behind bars. The flamboyant singer — who was convicted of falsely imprisoning a male escort — is working in the prison canteen serving food to other inmates, according to South Africa's News 24. **METRO NEWS SERVICES**

Entertainment

And the winner isn't...

Katy Perry was accidentally presented with the best international song award at France's NRJ Awards in Cannes. The award should have been presented to Rihanna, the BBC reports.

METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Nova Scotia town is next to lose its women

JON TATTRIE
for Metro Canada

When the women left Tatamagouche, N.S., Jimmy LeFresne watched with foreboding. "Once the buses were gone, it was silence, like a void. There was no jumping for joy. Then it kicked in: 'They're gone, so now what?'"

LeFresne, 50, owns the north-shore town's Train Station Inn; he's also the elected councillor. When CBC TV's The Week the Women Went whisked the sleepy community's ladies away to a luxury hotel, they took his staff with them.

"I had to tell the men of the community, 'I need help here!'" he laughs. "I had another councillor come over, I had the local RCMP cooking meals. It was quite something. Some coped very well and some ... struggled, we'll say."

Like many in the 700-person town, LeFresne had a microphone on at all hours. "You tried to be on your best behaviour, but there are times when things just fall about. All of a sudden, you've done something and you think, 'Oh my land, it's on film.'"

He hopes the program will show people Tatamagouche is not the dying East Coast community of stereotypes.

"We're far from that. If a wrench is thrown into the mix, we deal with it," he said. "If you talk to anybody in our community, we don't think it's a slow pace, because we're going full-tilt all the time."

Asked how he thought a Week the Men Went would go, LeFresne burst out laughing. "I think (the women) would notice. There's two sides to the story."

Cal Shumiatcher, the executive producer, says he wanted a "romantic" location in the Maritimes.

"Tata just shone — we had so much fun," he explains from his Vancouver office. "It's wonderful when people open up their lives and show you what they're about."

On TV

- Season 2 of The Week the Women Went starts at 8 p.m. tomorrow on CBC-TV.

CBC-TV

The women of Tatamagouche, N.S. brave a storm as they leave town for a week of pampering.

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Mariah Carey goes from Glitter to grim at Sundance film festival

FILM Singer Mariah Carey has taken a break from pop stardom to act in new movie Push, but far from her lead role in semi-autobiographical Glitter, Carey has opted for a supporting part in this often grim tale.

In fact, the real star of Push, which debuted this past weekend at Sundance, is an unknown actress from Harlem, Gabourney Sidibe, playing an obese and overburdened 16-year-old named Precious Jones who is twice impregnated by her father and is beaten by her mother.

Yet, she also has adults who look out for her, and one of those is welfare case worker, Mrs. Weiss, played by Carey.

With her stringy hair and no nonsense attitude, Mrs. Weiss is far from the glamorous role Carey took in 2001's Glitter, which was loosely based on her own rise to pop music stardom.

But that movie was panned by critics and earned only $5.3 million US at global box offices. Since then, Carey has starred in a few movies, but for the most part they have been seen only on TV, DVD or outside the United States.

Push, however, is based on a best-selling novel and directed by Lee Daniels who produced Monster's Ball, which earned Halle Berry a best actress Oscar. So curiosity was running high at Sundance to see how Carey performed.

At least one early review was positive. Show business paper Daily Variety called Push "courageous and uncompromising," and added that "among the many delightful surprises in the film is Mariah Carey, who is pitch-perfect as a welfare counselor and serves as this demi-tragedy's Greek chorus." **REUTERS**

LUCAS JACKSON/REUTERS

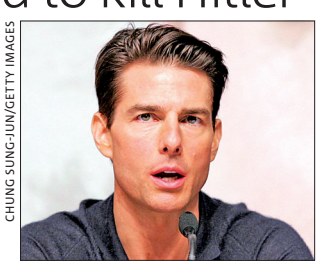
Mariah Carey and husband Nick Cannon attend a party for the film Push at the Sundance Film Festival in Park City, Utah.

Cruise says he 'always wanted to kill Hitler'

FILM Tom Cruise, who fails to assassinate Adolf Hitler in his new movie Valkyrie, said he grew up wanting to kill the Nazi leader.

In the Second World War thriller based on a true story of the unsuccessful attempt by German soldiers to kill Hitler, Cruise plays an officer who plants a bomb at Hitler's military headquarters.

"I always wanted to kill Hitler, I hated him," the star said during a visit to Seoul to promote his latest film. "As a child studying history and looking at documents, I wondered, 'Why didn't someone stand up and try to stop it?'" **REUTERS**



CHUNG SUNG-JUN/GETTY IMAGES

Tom Cruise promotes Valkyrie in Seoul, South Korea.

Wild Things
Christina Aguilera and husband Jordan Bratman threw a Where the Wild Things Are-themed party Saturday afternoon to celebrate the first birthday of son Max, who turned one last week. **PEOPLE.COM**

Nickel Eye's solo Strokes

Bass player mines inspirational roadtrip on new album

Nikolai Fraiture has come a long way since he dropped out of college at 19 to travel, Jack Kerouac style, across America. But on The Strokes bassist's debut album he decided to venture back 11 years and mine those heady days for material.

"It was a very interesting time," says Fraiture, who plays under the name Nickel Eye when he's not slapping bass strings with his other band. "It was not what I expected from my young, ideal dreams; I was pretty disillusioned."

Although the trip was more than a decade ago, Fraiture managed to find old notebooks filled with his writings. "They were in a shoebox," he says. "I went through them for inspiration and the majority of words came from that."

While he might have had the lyrical foundation for his tunes, writing music on his own for the first time was an eye-opening experience.

PHOTO JUSTIN AVAY

The Time of the Assassins, the debut solo disc from Strokes bassist Nikolai Fraiture, will be available in stores and online next week.

Until penning tracks for his new record, The Time of the Assassins, he'd only concentrate on adding bass to The Strokes' songs. Now he was forced to look at the big picture.

"This experience really helped me understand what everyone else is doing," he explains. "Before, I could push my part at the sake of a song. But I've learned different things and I see them from a different point of view now."

Fraiture admits that his new disc is a "challenging listen all around," but in reality it's not too far off from what a toned down Strokes album might sound like. His voice is oddly similar to Julian Casablancas', though he mumbles a lot more and the music is nearly as infectious and passionate — minus the distortion — as his other group's tunes.

So, if the music's not that far off from what he plays in his day job, why's he releasing his own batch of tunes? "We had a lot of time off with The Strokes," he says. (The fivesome's last album was released in 2006.) "And I couldn't wait around any longer."

After a year and a half of writing, he found himself with an album. But after all that work, it's unlikely he will have a lot of time to promote it — The Strokes are finally going back into the studio in February. Nickel Eye's not upset though, for him The Strokes is still his top priority. "I can't speak for everyone, but for me, I definitely want to be in this band. When you're on tour for so long everything becomes the same. We just needed to regroup."

Plotlines Lost on viewers

IntelleVision

MOST SUITABLE TITLE EVER: Ten years ago I found myself sucked into the rush of episodic shows and long-running storylines when I was overcome with a brief but intense addiction to Coronation Street.

I hadn't a clue who the characters were, but there was something compelling about their banal but vivid lives that had me watching every day for a month.

A pair of stories on the return of Lost this week underlined how the show's wild tangle of plotlines has become taxing for all but the most dedicated of viewers. A story on scifiwire.com revealing that season five will see the series go into "answer mode" underlined this problem, and featured teasers, like the one that "viewers will see more of Jin (Daniel Dae Kim), who is a series regular this year, though his character apparently perished last year."

A New York Times story echoed the confusion experienced by anyone new to the show, or at the disadvantage of missing a few episodes: "What ever happened to the four-toed statue? Why do some inhabitants of the island never seem to age? What is the Smoke Monster?"

The Times piece profiles Gregg Nations, the script supervisor and co-producer tasked with the job of "untangling the seemingly impenetrable mass of plotlines that have become addictive to some viewers of the show and alienating to others."

Shows as labyrinth as Lost guarantee that they'll have fewer, not more, viewers than the number that tuned in at the start, and the three million that have been shed since the first season proves this.

Rick McGinnis writes about music, movies, books and television

In brief

PEOPLE Jeopardy! host Alex Trebek will moonlight on the CBC as host of the reality competition series Canada's Next Prime Minister. He will share the stage March 18 with three former prime ministers as they field pitches from four would-be politicos. **REUTERS**

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/20/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (N) (CC)				Ruby (CC)	Kimora: Fab	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol Auditions. (N)		(:01) Fringe "Bound" (N) (PA)		(:01) The Mentalist (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Last Man Standing"		90210 "By Accident" (N)		Kitchen Nightmares (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Cold Case (CC)		Law & Order "Darkness"		Without a Trace (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Scrubs (CC)	Scrubs (CC)	Privileged (N) (CC)		A Moment in History		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "By Accident" (N)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Last Man Standing"		Dream Big Dream		(:01) The Mentalist (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				Dateline NBC (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Extreme Celebrity Love Splits		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Neighborhood Ball: An Inauguration Celebration (CC)				A Moment in History		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Urban Legends: Final Cut ★ (2000, Horror) Jennifer Morrison.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova (Season Premiere) (N)		Frontline "Dreams of Obama"		Rick Steves' Iran		About Us
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol Auditions. (N)		(:01) Fringe "Bound" (N) (PA)		News (N) (CC)		Family Guy
	-	364	43 PBS	Frontline "Dreams of Obama"		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Presidential Inauguration	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Foreclosure
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "By Accident" (N)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Couples (CC)			Will & Grace
news	502	390	26 NW	Dreams of Obama (N) (CC)		CBC News: The National (N)		CBC News: The National		Dreams of Obama (CC)		National
	500	500	33 CNN	(6:00) Anderson Cooper 360 Inauguration ball. (Live) (CC)				Larry King Live Inauguration.		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Red Bull Air Race		Hockey	UFC	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	NHL Hockey Vancouver Canucks at San Jose Sharks. (Live) (CC)					SportsCentre (Live) (CC)		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman "South Pacific"		Mantracker "Chris and Brock"		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	50 SCR	Score Tonight		Hardcore Hockey Talk		World Poker Crown		Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	Trackside	NASCAR Pre.	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Gol TV News	Fútbol: Campeonato Sudamericano Sub-20				Legends	Paid Program	Art of Football	Gol TV News
family	552	543	25 YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach "Trust This"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Chicken	Gay Couple
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Cola Conquest (CC)		Choir (Part 1 of 5) (CC)		Forgetful Not Forgotten (CC)		Lost Boys
	575	583	20 CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Instant Star	The Shift		Punk'd (CC)	Punk'd (CC)	Technical Diff.	Video on Trial	Video on Trial
	600	564	29 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	Manhunters	Manhunters	The Beast "Pilot" (CC)		The First 48 (CC)		The First 48 "Blackout" (CC)		Manhunters
	628	584	32 SPKE	UFC Unleashed		MANswers	MANswers	CSI: NY "Rain" (CC)		Disorderly Conduct: Video		Videos
	521	560	34 TLC	17 Kids and Counting (CC)		16 Children and Moving In		Raising 16 Children (CC)		17 Kids and Counting (CC)		16 Children
	616	522	39 SHO	The Outer Limits "Deja Vu"		Mutant X "Russian Roulette"		Testees (CC)	Trailer Park	House "Maternity" (CC)		House (CC)
	620	523	40 BVO	Freddie Mercury		Law & Order "Deep Vote"		Without a Trace (CC)		American Movie ★★★ (1999) (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Spouses		Biggest Loser
	520	505	42 DIS	Toughest Race: Iditarod		Daily Planet (CC)		Destroyed	Time Warp	Toughest Race: Iditarod		How It's Made
	522	506	44 HIS	NCIS "Twisted Sister" (CC)		Ultimate Engineering "Petra"		Ax Men "The Final Haul"		NCIS "Twisted Sister" (CC)		Re-Inventors
	627	528	45 SPC	Destination Truth (CC)		Stargate SG-1 A future world.		Star Trek: Next Gener.		Star Trek: Deep Space Nine		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	10 Items-Less	Seinfeld	Sex and-City	Sex and-City	Frank Caliendo: All Over		10 Items-Less
	619	525	48 TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge Ice cream. (CC)		The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	Joe Strummer: The Future Is Unwritten ★★★ (2007) (CC)				(:15) Alpha Dog ★★ (2006) Bruce Willis, Emile Hirsch. (CC)				Smokin' Aces
	581	566	101 MTV	Inaugural Ball The administration's start. (N)			MTV Live	The Real World "Brooklyn"		Inaugural Ball The administration's start.		
	261	394	102 V	Faith in the White House		Poltergeist: The Legacy		The Big Heat ★★ (1953) Glenn Ford, Gloria Grahame. (CC)				Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Wild Roses
The rivalry between the McGregors and the Henrys comes to the rodeo ring in this new episode. David (Gary Hudson) learns that the daughter of a prospective supplier is entering a rodeo in which Kate (Michelle Harrison) is competing, and he asks his bull-riding son, Peter (Adam MacDonald) to train the young woman — bad news for Kate. Sarah Power also stars in "Friends and Rivals." 9 PM on CBC

Dateline NBC
If you were lucky, you got to watch history unfold today as the first black president of the United States took the oath of office. For those who weren't near a television set during the swearing-in, this special "Dateline" has coverage of all the events surrounding the inauguration of President Barack Obama. Consider recording this one for posterity. 10 PM on NBC

Simpson, Romo close to tying knot?
Usmagazine.com is reporting Jessica Simpson will be a newlywed again. "An engagement is on the way," a source says in the new issue of Us Weekly. Simpson and her football beau, Tony Romo, are "getting there — and they will announce it when it happens." METRO NEWS SERVICES

Celebrity Buzz

Winehouse good for St. Lucia, minister says

TOURISM Amy Winehouse has won an important fan in St Lucia — the tourism minister, ananova.com reports. Allen Chastanet has praised the singer for bringing publicity to the Caribbean island.

While local reports have concentrated on the darker side of Winehouse's antics, it seems every picture of her smiling or mixing with the locals is a boost for the island, the website says.

Winehouse arrived in St. Lucia in December to stay at the luxury Le Sport resort and local media have been following her around ever since. They have accused her of everything from throwing a drink on a tourist to being sick at breakfast.

But Chastanet disagrees and says his government has sent her a gift basket of local goods to thank her for the publicity.

In a competitive world, he said, "Any edge that you can get, you hang on to it."

The singer's rocky marriage and problems with drugs have been widely reported and it is believed she went to the island to help her recovery.

Winehouse has said that going to St Lucia "has changed everything." She says she's getting loads of exercise, eating brilliantly and has been able to relax.

The singer's husband Blake Fielder-Civil, who has been in and out of prison in recent months, filed for divorce from jail after seeing pictures of his wife with another man on the island.

St. Lucia can look forward to more publicity — with the troubled star saying she is having such a good time, she has no plans yet to return to the U.K.

METRO NEWS SERVICES

Heche confirms it's a baby boy

PREGNANT Anne Heche is having a baby boy, femalefirst.co.uk reports.

The Nip/Tuck star has confirmed she is expecting a son with her partner, Nova Scotia native James Tupper, and is very excited by the news.

Heche — who has six-year-old son Homer from a previous relationship — sparked rumours about the sex of the baby earlier this month when she apparently couldn't keep the news under wraps.

A source said: "She told people she was having a boy. They were so excited to be picking things out for a little boy."

Heche met actor Tupper on the set of her TV show Men In Trees in 2006 when she was still married to ex-husband Coleman Laffoon.

METRO NEWS SERVICES

Road's 'twisted family'

ON SET Leonardo DiCaprio says starring in Revolutionary Road was like being in a "weird, twisted family," reports femalefirst.co.uk.

The 34-year-old actor — who reunited with Titanic co-star Kate Winslet in the new drama — insists filming love scenes with Kate felt "completely natural and comfortable," even though the actress' husband Sam Mendes directed the film.

Leonardo added Kate — who won a Golden Globe Award for her role in the film — is no different from when they first worked together.

"She has not changed at all. She's one of the most real people I've ever met and such a great friend. We've been support mechanisms for each other for a long period of time and will continue to be," he said.

Leonardo added both he and Kate are more "experienced" since they first appeared on the big screen together, which he believes helped them give such strong performances in Revolutionary Road.

METRO NEWS SERVICES

Snoop asks Madge, Becks for visa help

FRIENDS Snoop Dogg has reportedly begged Sir Paul McCartney and Madonna to help him get into the U.K., femalefirst.co.uk says.

The rap star — who has also called on soccer ace David Beckham to back his cause — wants his A-list friends to write to British Prime Minister Gordon Brown to insist he is granted a visa.

Snoop was arrested at London's Heathrow airport in April 2006 after his entourage vandalized a whiskey shop and attacked seven police officers when they were turned away from the first-class lounge.

Snoop said: "I love London and I'm desperate to come back. I've called David Beckham, Sir Paul McCartney — hell, I want to get the whole of the Beatles to help me get back in.

"I'm trying to get through to Madonna as well. I'd love them all to write to the prime minister to change his mind."

METRO NEWS SERVICES

Heidi, hubby go with Obama flow

COUPLE She may have given a very high-profile endorsement to John McCain during his 2008 presidential campaign, but Heidi Montag knows which way the political winds blow. The MTV reality star was spotted by TMZ out for a bike ride in Los Angeles with husband Spencer Pratt over the weekend — both sporting Barack Obama T-shirts.

METRO NEWS SERVICES

Kelly arrested for alleged assault

CHARGES Turns out Kelly Osbourne was arrested earlier this month — for an incident that occurred in August. According to Sky Showbiz, British gossip columnist Zoe Griffin finally got around to pressing charges against Osbourne for assaulting her last summer. Griffin had raised Osbourne's ire by publicly ridiculing Osbourne's 19-year-old fashion model fiancé, Luke Worrall, for being a bit of a dim bulb — Griffin had written that Worrall admitted he didn't know what an earthquake was. Osbourne is out on bail pending a March court date, according to London police. Her rep had no comment.

METRO NEWS SERVICES

Thurman's little yoga surprise

FLIGHT Uma Thurman stunned passengers by doing a yoga routine on a recent flight, femalefirst.co.uk reports.

The Hollywood star was travelling from New York's JFK Airport to Utah's Salt Lake City when she left her seat and began bending and stretching in front of shocked onlookers, the website says.

A source told the New York Post newspaper: "Uma started doing yoga in the aisles. She used the flight-attendant station as a ballet barre, where she stretched and did plies for 20 minutes."

Most travellers politely looked in another direction and put Thurman's antics down to a stringent fitness regime.

However, they were surprised to see the health-conscious 38-year-old star race off the plane when it landed and immediately light up a cigarette.

METRO NEWS SERVICES

Knoxville accused of carrying fake grenade

AIRPORT TV prankster Johnny Knoxville was detained for allegedly bringing a fake grenade into an airport. Security screeners at Los Angeles International Airport detected the grenade in the Jackass star's hand luggage, ananova.com reports.

It was investigated by a bomb squad who found it did not have a firing pin or explosives. Knoxville told police that the grenade was a prop he forgot to remove from his bag, airport spokeswoman Nancy Castles said.

The 38-year-old, whose real name is Philip John Clapp, was later released and allowed to board an American Airlines flight to Miami, the website adds.

METRO NEWS SERVICES

Carrey parties with 50 Cent

BIRTHDAY While partying in Utah for the Sundance Film Festival, Jim Carrey got a very special birthday serenade from 50 Cent. The rapper invited the actor up on stage for a rendition of '50s hit It's Your Birthday, during which Carrey, whose 47th birthday was Saturday, reportedly showed off some impressive dancing skills. "Jim was lip-synching and bumping and grinding," a source told the New York Daily News. "It was pandemonium in the best way." Chris Rock also joined the rapper onstage at one point.

METRO NEWS SERVICES

The Weather Network 20 YEARS
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Today Fog 8° / 1°
Wednesday Partly cloudy 5° / 2°
Thursday Cloudy 6° / 0°
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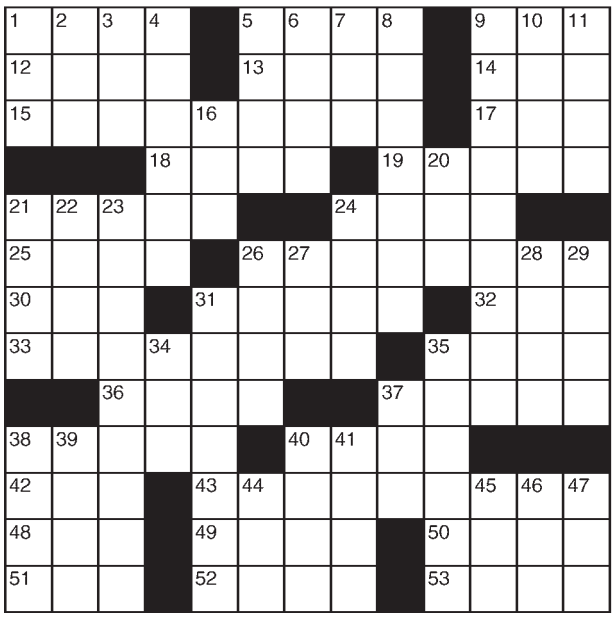
Take Five



Crossword across

1 Pleased
5 Low voice
9 Comedy's DeLuise
12 Highly rated
13 Friend
14 Raw rock
15 Dangerous fish
17 Oscar Wilde's sine qua non
18 Charged bits
19 Valentino's dance
21 Chocolate source
24 Beatles movie
25 Money of Iran
26 Squashed with the feet
30 Egos' counterparts
31 Adolescents
32 Exist
33 Maryland city
35 Talking bird
36 Family member
37 "Star Wars" weapon
38 Sounded like a crow
40 Scratched (out)
42 Literary collection
43 1987 Woody Allen film
48 Eddie of vaudeville
49 Wading bird
50 Duel tool
51 Type measures
52 Reply to "Shall we?"
53 Whatever remains

Crossword down

1 Petrol
2 Parcel of land
3 Blackbird
4 No
5 Hoedown venue
6 "Sad to tell, ..."
7 Crafty
8 Methods
9 Makes seem less important
10 First (Abbr.)
11 "Take — your leader"
16 Sticky stuff
20 Matterhorn, for one
21 Home, in today's jargon
22 Staffer
23 Gilligan and his companions
24 Mandlikova of tennis
26 Criterion
27 Roulette bet
28 Sea eagle
29 Letter opener
31 Ivy attachment
34 Coloration
35 More irate
37 Zodiac feline
38 Eatery
39 Any time now
40 Redact
41 Part of SWAK
44 Honest politician?
45 Mimic
46 "Of course"
47 Prepared

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	3		9	5	4		
	5				7			1
			4	1				
		7				8	3	
			5		8			
	4	6				1		
				7	4			
7			3				6	
		2	9	6		5	7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	F	A	R	■	D	O	C	■	R	E	F	T		
S	A	R	A	S	O	T	A	■	E	M	I	R		
H	O	T	S	H	O	T	S	■	V	I	S	E		
■	■	■	C	A	R	■	S	W	A	T	H	E		
A	B	R	A	M	■	B	E	A	M	■	■	■		
T	A	I	L	■	H	O	T	S	P	U	R	■		
E	T	C	■	B	E	R	T	H	■	F	E	E		
■	H	O	T	L	I	N	E	■	W	O	N	K		
■	■	■	S	U	R	E	■	H	A	S	T	E		
M	O	S	H	E	S	■	S	I	R	■	■	■		
A	N	T	I	■	H	O	T	S	P	O	T	S		
S	C	A	R	■	I	N	A	S	E	N	S	E		
K	E	N	T	■	P	E	R	■	D	O	P	E		

9	3	5	7	4	1	2	6	8
7	6	4	3	2	8	5	9	1
2	8	1	5	6	9	3	4	7
3	1	7	6	9	2	4	8	5
5	9	8	4	1	3	7	2	6
4	2	6	8	5	7	9	1	3
1	5	2	9	7	6	8	3	4
6	7	3	2	8	4	1	5	9
8	4	9	1	3	5	6	7	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Cheesy Chickpea Enchiladas

INGREDIENTS:
1 medium red onion
2 tbsp (25 ml) corn oil
1 clove garlic
1 small red chili pepper
1 lb (500 g) tomatoes
1 can (19 oz / 540 ml) chickpeas
1 tsp (5 ml) ground cumin
Salt and black pepper
1/4 lb (125 g) old Cheddar cheese
1 small iceberg lettuce
4 soft flour tortillas, 7–8 in. (18–20 cm) in diameter

TO SERVE:
Thick natural yogourt or sour cream and sprigs of coriander as garnish

METHOD:
1. Preheat grill to high. Peel and thinly slice onion. Heat corn oil in frying pan and fry sliced onion over fairly high heat, stirring, until softened and lightly browned.
2. Peel and crush garlic, then rinse, deseed and slice chili pepper. Rinse and chop tomatoes. Drain and rinse chickpeas.
3. Stir cumin into onion, then add garlic, chili pepper, tomatoes and chickpeas. Cook them over moderate heat, stirring occasionally, 5–8 minutes, until most liquid has evaporated, then season.
4. Coarsely grate cheese. Rinse and dry coriander and rinse, dry and shred lettuce.
5. Lay tortillas flat and divide lettuce among them. Spoon chickpea mixture down centre of each, fold sides over, and lay in ovenproof dish. Sprinkle with cheese and grill until melted.
6. Serve with yogourt or sour cream, garnished with coriander.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Cruel humour creates a bad situation. Put off making any decisions until tomorrow. A weird playmate will finally arrive.

TAURUS
APRIL 21-MAY 21
An impulsive eccentric has your best interest in mind. Trade your tales with a seeker. You can now ditch a stumbling block.

GEMINI
MAY 22-JUNE 21
Make apologies in order to comfort others. An unreasonable analyst develops empathy. News will come regarding an investigation.

CANCER
JUNE 22-JULY 22
A self-righteous person will be unrewarded. You're forced to deal with excitement. Work secretly to help someone out.

LEO
JULY 23-AUG 23
Your friendliness strengthens a relationship. Family issues develop into a setback. Details are more trouble than they're worth.

VIRGO
AUG 24-SEPT 22
A sweetheart will cause confusion. Visit with friends who will ease your mind. A meeting is avoided by those who fear it.

LIBRA
SEPT 23-OCT 23
A heart-to-heart talk enhances your chances. Good news becomes a factor in a decision. Don't laugh when someone's words ring true.

SCORPIO
OCT 24-NOV 22
A surprising woman is overly emotional. A funny guy will thaw a cold heart. Your way of thinking about friendship is challenged.

SAGITTARIUS
NOV 23-DEC 21
Deep thinking reveals a little secret. Someone who lives in a peaceful place fascinates you. The time to improve relations is fading fast.

CAPRICORN
DEC 22-JAN 20
A dimwit will force a confrontation. Someone is too lazy to help himself. A companion who cares about you will make sense.

AQUARIUS
JAN 21-FEB 18
A team player will confess. Allow a thoughtful person to make a difficult decision. Don't get infuriated by an older person.

PISCES
FEB 19-MARCH 20
A petty person's false accusations will stress you out. A tough guy is in a bind. A brooding man spares your feeling.

This day in history

JAN. 20, 1265: In Westminster, the first English parliament conducts its first meeting in the Palace of Westminster, now also known as the Houses of Parliament.
JAN. 20, 1937: Franklin Roosevelt is inaugurated for a second term as President of the United States. This is the first inauguration scheduled on Jan. 20, following adoption of the 20th Amendment. Previous inaugurations were scheduled on March 4.
JAN. 20, 1961: John Fitzgerald Kennedy was inaugurated as the youngest man, and first ever Roman Catholic to become elected President of the United States.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

1. Yours truly practices, as a trade (1)
2. Do a noogie on a U-boat (1)
3. The Delta Phi house over there (1)
4. Metric quart warming device (2)
5. Yes-man's macaques and baboons (2)
6. Actress Sarah Jessica's "Magic" pens (2)
7. Nosy interfering in door-to-door selling (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1-20-09

ANSWERS
1. I PLY 2. RUB SUB 3. THAT FRAT 4. LITER HEATER
5. FLUNKYS MONKEYS 6. PARKERS MARKERS 7. PEDDLING MEDDLING

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TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver
551 Robson St.
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
501 West Georgia St.
101 - 925 West Georgia St.
5720 East Blvd.
689 Thurlow St.
3 - 1855 Burrard St.
3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

Aldergrove
310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

New Westminster
Royal City Centre

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Port Moody
202 Newport Dr.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.